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POPULAR OBSERVATIONS
ON
REGIMEN AND DIET;
IN WHICH
THE NATURE AND QUALITIES OF OUR
COMMON FOOD
ARE POINTED OUT AND EXPLAINED;
Together with Practical
RULES AND REGULATIONS
IN REGARD TO HEALTH,
ADAPTED TO
Various Situations and Circumstances,
FROM
INFANCY TO OLD AGE.

BY JOHN TWEED,
Surgeon, &c. Bocking, Essex.

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POPULAR OBSERVATIONS

ON

REGIMEN AND DIET

IN

THE NATURE AND QUALITIES OF OUR

COMMON FOOD

AND THE EFFECTS OF IT

TOGETHER WITH

RULES AND REGULATIONS

IN REGARD TO HEALTH

BY

JOHN WELLS

1801

LONDON

BY JOHN WELLS

Author of "The Art of Living"

CHICAGO

PRINTED AND SOLD BY

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PREFACE.

THE *dietetic* part of *Medicine* was so much the invention of Hippocrates himself, that he was desirous to be accounted the author of it, as the diet of the sick was one of the essential parts of the art; and since his time, such have been the opinions of Cheyne, Cullen, Nisbet, Willich, &c. &c.

Yet, notwithstanding the numerous publications of these, and various other eminent writers upon the subject, the want of a plain practical Treatise upon Regimen and Diet, applicable to the cases and circumstances of invalids and others, has long been felt and acknowledged.

Many persons who are ailing, eat and drink improper things, from a want of knowing the nature and properties of what they take, to the very great prejudice of the invalids themselves, and to the

serious disadvantage of the absent medical attendant, who too often suffers in reputation, through the *dietetic errors* of his patient.

To obviate these inconveniencies, the present publication is intended. For that purpose, the different qualities of our food are *here* pointed out, so far as relates to the animal œconomy: that diet and medicine, as occasion requires, may go hand and hand, and mutually assist each other.

By consulting this little Treatise, every one may know what is salutary or pernicious to his constitution.

The *valetudinarian* will find in it Rules which may promote his recovery; and he who enjoys good health, may learn to preserve it.

Many writers of celebrity, medical and others, have been consulted upon the various subjects; not without a disposition to acknowledge their assistance; and the Author's experience has been introduced, occasionally, in order to illustrate the practice herein recommended.

The advantages to be derived from a work of this nature, by those who have not an opportunity of consulting elaborate treatises, upon distinct subjects, are too obvious to require elucidation; and the Compiler trusts, that even this little Essay will be found not without its use, as a compendium of practical Information and Knowledge: and should it be favourably received by the public, and rendered, in any degree, beneficial to those for whom it is intended, he will have the satisfaction, in the evening of his days, of reflecting that his work, which pretends not to splendor of talent, or accuracy of language, may claim, at least, the praise of utility.

ERRATA.

Page 21, line 8, instead of "manhood is then in the prime of life," read "*manhood is the prime of life.*"

P. 63, l. 15, for "peper," r. "*pepper.*"

P. 68, l. 6, for "on," r. "*in.*"

P. 76, l. 7, for "visid," r. "*viscid.*"

P. 81, l. 11, omit the word "*and.*"

P. 124, l. 7, omit the word "*even.*"

P. 186, in the last line, for "be," r. "*by.*"

P. 192, l. 7, omit the word "*been.*"

P. 194, l. 10, for "rough," r. "*though.*"

P. 202, l. 2, for "America," r. "*American.*"

P. 222, l. 2, instead of "to labouring poor," r. "*to THE labouring poor.*"

In p. 226, there is the same passage twice over.

GENERAL OBSERVATIONS

ON

FOOD AND REGIMEN.

FOOD, in the most extensive signification of the word, implies *whatever aliments* are taken into the body, whether *solid* or *fluid*; but, in common language, it is generally used to signify only the *solid* part of our aliment.

We are told, that in the first ages, men lived upon acorns, berries, and such fruits as the earth spontaneously produces: then they proceeded to eat the flesh of wild animals, taken in hunting: but their numbers decreasing, and mankind multiplying, necessity taught them the art of cultivating the ground, to sow corn,

&c. By and by, they began to assign to each other, by general consent, portions of land, to produce them their supply of vegetables. After this, reason suggested the expedient of domesticating certain animals, both to assist them in their labours, and supply them with food.—*Hogs* were the first animals, of the domestic kind, that appeared upon their tables; for they held it to be ungrateful to devour the *beasts* that *assisted them* in their labours.

When they began to make a free use of domestic animals, they *roasted* them only : *boiling* was a refinement in cookery which, for ages, they were strangers to ; and *fish*, living in an element men were unused to, were not eaten till they grew somewhat civilized.

But *food*, like air, being the most necessary thing for the preservation of our bodies, and, as on the choice thereof our *health* greatly depends, it is of great importance to understand, in general, what is the *most* proper for

our *nourishment*; and, in particular *deviations* from *health*, what is the *best adapted* to *restore us*.


It is a just observation, that he who lives by rule and wholesome diet, is a Physician to himself

Weakly people should eat *little* and *often*; as, by *long fasting*, *weak* stomachs are apt to be opprest by wind, &c. Whenever such persons find an appetite for food, they should indulge it by eating moderately.

Drinking, *little* at a time and often, is most wholesome, to promote digestion. Large and copious *draughts* distend the *stomach* and pall the appetite.

It is computed that the proportion of our drink to that of our *solid food*, is nearly as *five* to *two*.

Beer, drank directly after *soup*, is pernicious in weak stomachs ; as, by producing fermentation, it generates flatulence, fullness, &c.

 *Strong drinks*, of every kind, are hurtful to the stomach, nerves, and digestive faculties ; but, when carried to excess, become a poison to the body, and in the event frequently destroy it.

But of the *two*, intemperance in *drinking* is safer than in *eating*. The natural constitution of the body of man is such, that it can easily bear *some changes* and irregularities, without much injury. Had it been otherwise, we should be almost constantly put out of order by every *slight cause*. This advantage arises from those wonderful communications of the inward parts, whereby, when one part is affected, another comes immediately to its relief.

Thus, when the body is *too full*, from any cause whatever, *nature* causes evacuations through some of the *outlets*.

For instance, if from being *very cold*, the *insensible perspiration* is checked, (which is the *greatest* of all the *discharges* of the human body,) nature makes an effort to relieve herself from the oppression, by increasing the quantity of urine : or, if the *head* be too full of *blood*, she endeavours to relieve herself by a *profuse bleeding* at the *nose*.

Those who are subject to *bilious complaints*, should avoid all pastry, unripe fruits, pickles, cucumbers, new liquors, thick beer, bad wines, bad spirits, rich sauces, soups, and every thing which is flatulent, windy, or in its nature, hard of digestion.

On the contrary, their food should be light, and simple : they should never mix *too many* things together upon the stomach, at

any meal whatever. Their *drink* should be moderate and nourishing, but not heating: and, above all things, they should pay particular attention to the state of the bowels.

OF THE GENERAL CONSENT BETWEEN THE
MIND, THE STOMACH, &c.

The stomach has a very general consent with the whole system. Nothing affects the *mind* more than the state of the *stomach*, and nothing draws the *stomach* into sympathy more than *affections* of the *mind*.

Man is evidently not formed for continual *thought*, more than *perpetual action*; and would as soon be worn out by the *one*, as the other.

Intense thinking and *anxiety*, never fail to *weaken* the *powers* of digestion, and consequently to produce various diseases. The *passions* have great influence, both on

the *cause* and *cure* of diseases ; there is established a reciprocal influence betwixt the mental and corporeal parts ; and we know, from experience, that whatever disorders the *one*, likewise affects the other. The *best way* to *counteract* the violence of *any passion*, is to keep the *mind* closely employed in some *useful pursuit*. In a word, to possess health *of body*, we must enjoy *peace of mind*.

“ *Mens sana in Corpore sano.*”

OF THE PROPER QUANTITY OF FOOD TO BE TAKEN *AT A TIME*.

With respect to the *quantity* of food to be actually taken, this must be regulated much by the appetite, and the supply required ; the *appetite* is the great *indication* of *health* ; and when the stomach is in a healthy state, it relishes almost every kind of nourishment that is presented : this being the case, we are entirely to be regulated in the *quantity taken*,

by the *appetite*. *Satiety* is the natural consequence of *repletion* ; and before this takes place, the stomach itself gives the alarm.

Different *degrees of labour* and fatigue, different employments, and professions, require different degrees of refreshment. Every man is, or ought to be, certainly the best judge of the nature of *his own constitution*. *Experience* will soon teach him *what kind of food* will be of prejudice or benefit to it, and what quantity of *wine* will make him cheerful, and exhilarate the spirits, or occasion him to be dull and stupid.

Much has been said of *temperance* ; and different people have different ideas of it. The fact is, that there is an absolute determined *temperance* to be measured by every man's natural unprovoked appetite, digestion, and consumption, while he continues in a good state of health, and right habit of life.

As long as a man *eats and drinks* no more than his *stomach* calls for, and will bear, without the least pain, distension, eructation, or uneasiness of any kind ; or that his body consumes, and throws off, with perfect ease to himself, he may be said to live in a very prudent well-regulated *state of* temperance, that will probably preserve him in health and spirits, to a good old age. This is *nature's law*, and the *reverse* of it is *intemperance*.

When the body is disordered, the *stomach*, (that most wonderful organ in the constitution,) by nausea and sickness, shews an *aversion* to *food*. What, then, can be so absurd as to pour down aliment, when the stomach revolts against it? On the contrary, instead of provoking and irritating the relaxed stomach (which is already too much loaded) by food, which it cannot digest, we should wisely obey the dictates of reason and of nature, in assisting the stomach by *abstinence*, that it may recover itself, and return to its due tone and proper digestion.

We know, by experience, that there is a power in the *constitution*, when freed from the cause of producing disease, that, in a wonderful and inexplicable manner, restores the machine to health and vigour, and that, *frequently*, without any other assistance than the regulation of diet and exercise. The *nourishment* of our bodies does not solely depend upon the *quantity* of *food taken* into the stomach, but upon the *proper digestion* of that food. Hence, errors, proceeding from diet, carry their own punishment along with them. The *stomach* is the *conscience* of the *body*, and, like that, will become uneasy, if all is *not right within*.

Those stomachs which digest *too quick*, require a *meat breakfast*, and a luncheon at noon ; as affording greater support, and giving health and vigour to the constitution.

Loathing our *breakfast* is a symptom of a *weak* stomach. *Children*, not being guilty

of excess or intemperance over-night, are generally hungry in the morning.

OF THE CUSTOM OF EATING CUSTARDS,
PIES, DESSERTS, &c. &c. AFTER
DINNER.

There is not a more unwholesome practice, though a very prevalent one, than that of eating custards, tarts, pies, minced-pies, syllabubs, cream, almonds, nuts, walnuts, &c. directly after dinner, upon a full stomach; for the stomach having already received sufficient food for the nourishment of the body, and probably as much as it can well digest, the *additional* quantity overloads the stomach, creates a fever, and becomes prejudicial to the constitution. It is a received opinion, that the *same things*, eaten upon an *empty* stomach, would be of little or no prejudice. Surely, then, in this case, it is the *quantity* more than the quality which does the mischief? For we know, by repeated experience,

that the great object in *regulating* the *diet* of *weakly people*, is to guard against their *taking too much at a time*.

MANNER OF *TAKING* FOOD, CHEWING,
&c. &c.

The *manner* of taking food, as well as the *quantity* and *quality*, requires some *attention*. All *extremes*, in *taking* food, should be carefully avoided: it should pass into the stomach in a *slow* and *regular manner*, blended by the process of *chewing*, with a sufficient quantity of *saliva* to promote its dissolution in the stomach: if hurried over, without attention to this, the difficulty of solution is increased, and the stomach is suddenly distended, and *satiety* produced *before it is filled*. The *meal*, therefore, becomes both deficient in *quantity*, and the food, from the digestive organs having more to do, remains longer on the stomach than is either necessary or proper.

Thus much, being offered as general principles, with respect to the *matter* and *quality* of our aliment, the valetudinarian may easily regulate his diet with some advantage to himself, by an *attention to the* few ensuing particulars.

In *winter*, eat *freely*, but *drink* sparingly. *Roast* meat is to be preferred; and what is drank should be *stronger* than at other seasons.

In *summer*, let *thirst* determine the quantity to be drank: cold stomachs never require much. *Boiled meats* and vegetables, if not otherwise prohibited, may now be more freely used.

Fat people should *fast at times*; but the *lean* should never do so. Persons who are troubled with *eructations*, occasioned by their *food*, should *drink but little*, and use some accustomed exercise. The *thirsty* should drink freely, but eat sparingly.

ON THE DIET, REGIMEN, AND MANAGEMENT
OF INFANTS.

Much attention and experience are required to keep infants in health. Proper food, free and wholesome air, due exercise, and cleanliness, are indispensibly necessary.

During the *first month* of a child's life, the *milk of its* mother is unquestionably preferable to every other kind of nourishment, and *even* to the *milk of another woman*, provided the parent is in good health, and labours under no constitutional imperfection of importance. As, however, it is usually more convenient, and, at times, absolutely necessary, to bring up the child *by the hand*, as it is called, at the same time that it sucks, we should be careful to regulate the diet, both with regard to quality and quantity, that its stomach may neither be disordered with what is improper, nor be oppressed with excess.

The food, which is prepared by *art*, should be *thin and liquid*: it is *generally* made *too thick*; it should also be made *fresh every day*. It is to be offered to the infant *frequently*, by *little at a time*, and at proper *intervals*, and not to be *crammed down* its throat, as often as it awakes from sleep, or cries, as is the custom with many nurses, to the very great prejudice of the child. Instead of a spoon, a *horn*, or *glass bottle* covered with *parchment*, and perforated; or a *piece of sponge*, cut so as to *imitate a nipple*, may be used, instead of the parchment. This gives occasion to some *little exertion* in sucking, *imitative* of what we see in nature, and is, moreover, attended with the advantage, that the infant will not be gorged, or induced to take any more than it really wants.

At first, it will be sufficient to give infants, occasionally, *along with the breast*, a little *milk and water*, warmed to the *temperature* of the *mother's milk*, with a very *small*

proportion of *sugar*; or we may substitute thin *gruel*, or *barley-water*, mixed with *milk*, which may occasionally be changed for *thin pap*, made with *biscuit-powder*, or boiled flour, grated, with a due proportion of fresh milk: but all these should first be passed through a lawn sieve, or fine strainer, to insure their being thin and smooth.

At the end of five or six months, the diet may be made a little stronger, consisting of plain mutton broth, or beef tea; and, occasionally, some *light pudding* may be allowed. About the *eighth* or *ninth* month, a small portion of *animal food*, which is easy of digestion, may be given, particularly if nature has pointed it out by early dentition. If *teething* commences soon, and goes on well, the infant may be weaned at about *nine months* old: but if *dentition* is *late*, or accompanied with much *irritation*, it may continue at the *breast* for a *whole year*, provided the health of the mother, and other

circumstances, will admit of it: when the child is *weaned*, any kind of light *plain animal* food may be allowed it once a day, with a due proportion of vegetables, consisting principally of flour, rice, sago, arrow root, &c. &c. The *best drink* will be plain water.

OF SWATHING INFANTS.

The practice of *swathing infants* with many bandages is now very judiciously laid aside.

OF THE DRESS OF INFANTS.

The rule to be observed, with respect to the *article of dress*, ought to be, that a child have no *more clothes* than are necessary to keep it *warm*; that they sit easy and loose on its body; and that they be changed frequently, obviously for the sake of cleanliness.

OF FRICTION, OR RUBBING, &c.

Gentle friction with the hand over every part of the body, night and morning, together with proper washing with *warm* or even *cold water*, tends greatly to preserve the health of children, and promotes perspiration. A young child should be amused through the day, and not suffered to *sleep much* during that time, that it may get the more rest by night; and, as it is incapable of any exercise of itself, it should be the business of the *nurse*, or other attendants, to toss it well about in her arms.

OF CHAFING, &c.

In dressing the infant, if the nurse observes the skin any where chafed, after washing the parts, and drying them well, let her apply a little *common hair-powder* to it, by means of a *puff*; but, if much galled, which will

sometimes happen in the time of *teething*, particularly in very fat children, from the *heat* and sharpness of *the water*, let her bathe them with a wash, composed of *two parts* of *common water*, and one of *spirits of wine*, and afterwards sprinkle them with a little cerusse, or fuller's earth, powdered very fine. The *chamber* which is appropriated for the *nursery*, should be roomy, and it ought to be kept remarkably clean, sweet, and properly ventilated.

RULES FOR NURSING.

A child should never be set *quite upright* before the end of the *first month*, as it hurts the *eyes*, by making the *white part* of the eye appear *below* the upper eye-lid. Afterwards, the nurse should begin to set it up, and dance it, by degrees. Children should never be waked out of their sleep; and, as soon as possible, be brought to regular sleeps in the day.

When a child is *taken ill*, some person of skill ought immediately to be consulted. The *diseases of children* are generally *acute*, and *delays* are dangerous.

OF THE TREATMENT OF CHILDREN, IN REGARD TO THEIR MEALS.

The softer and milder kinds of aliment are proper for all children; and it is *better* for them, in general, to eat when they are *hungry*, and to make *small meals*, at *several intervals*, than to keep them *fasting*, and allow them to eat a *large dinner*, at one *sitting*. Their *digestion* is more *rapid* than that of *adults*; their *activity* is more constantly exerted; the demand for a supply of food is, therefore, quicker in their systems, and they bear *fasting* much *worse* than *grown persons*. If they are supplied with simple food, therefore, they should be permitted to take it whenever their inclination prompts them.

OF MANHOOD.

The *body*, having acquired its full *height*, during the period of adolescence, and its full *dimensions* in *youth*, remains for some years in the *same state*, before it begins to *decay*. This is the *period of manhood*. During this stage, the powers of the body continue in *full vigour*.

Manhood is then in the *prime* of life and beauty. In general, there is a complete harmony in all his parts. His senses are good, his pulse is clear and regular; his stomach is excellent, his appetite good, and digestion easy. But should he quit the wholesome *paths of temperance*, and deviate into those of *excess and intemperance*, and once become the *devotee of women or wine, or both*—alas! how soon is the scene changed! His fine form loses its *manly appearance*; his *once-florid cheeks* of rosy hue, are exchanged for the *cadaverous*,

waxy, and *sallow complexion*; his *limbs* lose their *graceful flexibility* of motion, and his whole *countenance* indicates *premature, approaching decay*. He then applies to medicine, thinking to restore that constitution which he has taken so much pains to destroy; but, probably, in vain; and his life becomes a life of misery and bitter reflection. *Such* is the *effect of dissipation*, and of too free an *indulgence* of the bottle.

“ Yes, in the joys which wreath the sparkling bowl,
“ Fell adders hiss, and poisonous serpents roll.”

OF OLD PEOPLE AND OF OLD AGE.

We find that, immediately after the creation, when the *world* was to be peopled by *one man* and *one woman*, that their ordinary age was 900 years and upwards.

But, by degrees, as the number of people *increased*, their ages *dwindled*, till they came

down, at length, to 70 or 80 years ; and there it has stood, and has continued to stand, ever since the time of Moses.

This is found a *good medium* ; and, by means thereof, the *world* is neither *overstocked* nor kept *too thin* ; but life and death keep a pretty equal pace.

The plain diet and invigorating employment of a *country life*, are acknowledged, on all hands, to be highly conducive to *health and old age*, while the *luxury* and refinement of large *cities* are allowed to be *equally destructive* to the human species ; and this consideration alone, perhaps, more than counterbalances all the boasted privileges of *superior elegance* and *civilization*, resulting from a *city life*.

The desire of self-preservation, and of protracting the short span of life, is so intimately woven with our constitution, that it is

justly esteemed one of the first principles of our nature ; and, in spite even of *pain* and *misery*, seldom quits us to the last *moments* of our existence.

With respect to *climate*, or *air*, those regions which lie within the *temperate* zones, are best *calculated* to preserve *long life*. But it must be allowed, in general, that the *human constitution* is *adapted* to the *peculiar state* and temperature of *each respective climate*.

Those who wish to attain to a good *old age*, must attend particularly to air, aliment, exercise, and rest ; the passions and affections of the mind, wakefulness and sleep, and repletion and evacuation.

An *attention* to these will insure the *greatest part* of those circumstances which are connected with health, and conducive to old age. Where the animal functions are duly performed, the secretions will go on re-

gularly, and the *different evacuations* so exactly *correspond* to the *quantity* of *aliment taken* in, in a given time, that the *body* is found to *return, daily*, to near the *same weight*.

The *due regulation* of the passions of the mind, perhaps, contributes more to *health* and old age than any cause whatever.

There is scarcely an instance of any person that has attained to uncommon longevity, who has not been particular in his diet, his habits, and manner of living.

“To such, their age is as a lusty winter,

“Frosty, but kindly.”—SHAKESPEARE.

The age of decline is from 40 to 45, to 60 or 65; at this time of life, the *diminution* of the *fat* is the cause of those *wrinkles* which begin to appear in the face and other parts of the body.

In the *decline* of life, those people who do *not*, or *cannot*, take sufficient *exercise* in proportion to the quantity and quality of their food, are sure to be troubled with weakness of the stomach, indigestion, and various other symptoms, consequent to old age.

Old people ought to lessen the quantity of their food, and increase that of their drink. Yet, some allowance is to be made for custom, especially in the colder climates, like our's; for, as in these, the *appetite* is *keener*, so is the digestion better performed.

OF INDIGESTION, &c.

This disease chiefly arises in persons between thirty and forty years of age, and is principally to be met with in those who devote much time to *study*, or who lead very *sedentary* or *irregular* lives. Grief, indolence, too frequent use of warm diluent liquors, tea,

tobacco, opium, being much exposed to moist cold air, when *without exercise*, are also the *causes* which frequently occasion it.

Persons who are troubled with *indigestion*, or who have *weak stomachs*, should observe nearly the same rules as those which are laid down for *bilious* constitutions. They should avoid pastry, unripe fruits, pickles, cucumbers, new liquors, bad wines, bad spirits, thick beer, rich sauces, soups, and every thing which is flatulent, or windy, or in its nature *hard of digestion*.

They should pay a more than ordinary attention to their *mode* of diet: they should eat *little and often*, and *then* only of *one thing* at a time.

It is the *improper mixture* of *different things* which lays the foundation for a variety of diseases. The *stomach* being *weak*, is not able to assimilate or unite together such an

heterogeneous mass as arises from a mixture of things opposite in their qualities.

But there seems to be a *power* in a *healthy stomach* of counteracting these *spontaneous* changes, which would take place *out* of the stomach, or in a *diseased one*.

All *raw* or *unboiled* vegetables should be avoided. Ripe fruits may be moderately taken; and almost all *well-boiled* vegetables may be admitted. *Animal food* may be taken with its *own gravy*. Every thing *fried*, should be excluded. *Butter*, rendered *rancid* by being *melted*, should be *strictly forbid*; together with *buttered toast*, *mufflins*, &c. It is a just observation, that *many stomachs* more easily *digest solid aliment* than liquid, or bulky food; and that there are many instances of persons, of a weak stomach, incapable of breaking down the texture of *vegetables*, or even of dissolving a *light pudding*, to whom *hung beef* or a *piece of ham* was very grateful, and *easily digested*.

We also know, by experience, that *soups* and broths are more quickly disposed to run into *active fermentation* than *animal food*, in a solid form.

During the period of our being *awake*, the stomach should have a supply of food, at least, *every six hours*. The supply should be regular. In *all cases*, the stomach should never be perfectly empty.

In short, to obviate the symptoms which aggravate, or tend to *continue the disease*, if the invalid leads a fashionable life, it will be necessary for him to forsake the haunts and habits of *dissipation*; to leave the *crowded city*, and its alluring amusements, conducted in rooms where the *air* he breathes is vitiated and contaminated, by the great number of persons collected; to shun luxurious tables, indolence, and late hours; to retrace the footsteps by which he had *deviated* from simple *nature*, and to court the country, pure air,

moderate exercise, early rising, simple diet, the society of a few select friends, and pleasing occupations.

OF EXERCISE AND REGIMEN.

The *regulation of diet*, and the *vicissitude of exercise and rest*, form a necessary part of *regimen*. It is beneficial to be at *rest* now and then, but more frequently to use exercise; because *inaction* renders the body weak and listless, and *labour* strengthens it. But a medium is to be observed in all things, and *too much fatigue* is to be avoided; for frequent and *violent exercise* overpowers the natural strength, and wastes the body.

But *moderate exercise* ought always to be used *before meals*. Now, of all kinds of *exercise*, *riding on horseback*, where it can be borne, has the *preference*; or if the person be too weak, riding in a *coach*, or any other

vehicle, is recommended ; or those who cannot *ride*, should employ the same time in *walking*.

But it is *one* of the inconveniences of *old age*, that there is seldom sufficient *strength* for using *bodily exercise*, though it be extremely requisite for the health ; whence *frictions* of the *flesh-brush* are necessary at this time of life. *Aged people* should have their bodies and extremities well *rubbed twice or thrice a day*. This *species* of *exercise* may be looked upon as a kind of *gentle electricity*, which will generate heat, strengthen the fibres, promote the circulation of the blood, and assist perspiration. Moreover, it generally relieves, by a discharge of flatus from the stomach and bowels.

Invalids should *never* use *exercise* during the *heat of the day*. The *sun* overpowers and *relaxes* the *weakly* ; and, instead of *strength* and *energy of life*, the mistaken sufferer finds himself a *martyr to debility*.

To *such*, the *morning* and *evening* may therefore be said to be the most *proper time* for either *walking* or *riding*, in the *summer season*. *Violent exercise* should never be used *directly after* a *hearty meal*; as *digestion* is best *promoted* by a *state of rest* after *repletion*; as the following experiment tends to illustrate:—

Dr. Harwood, the Professor of Anatomy, at Cambridge, took *two pointers* equally *hungry*, and equally well fed. The *one* he suffered to lie *quiet* after the meal, and the *other* kept for above *two hours* in *constant exercise*. On returning home, he had them *both killed*. In the *stomach* of the dog that was *quiet* and *asleep*, *all the food was digested*; but in the stomach of the *other dog*, that process was scarcely begun. From this experiment, we may be led to infer how *improper* it is to *ride*, *walk*, or use any violent exercise, *directly after meals*.

A very *serious* and afflicting complaint frequently arises from *violent exercise*, too soon after eating a *plentiful meal*, which is that obstinate affection of the stomach, which is frequently caused by a disturbed digestion, and is generally known by the name of the *heart-burn*. As being particularly connected with regimen and exercise in its cure, I shall say a few words upon the subject. What is commonly called the *heart-burn*, is *not* a *disease* of *that organ*, but an uneasy sensation of heat, or acrimony, about the *pit of the stomach*, which is sometimes attended with anxiety, sickness, and vomiting, with a copious eructation, generally of a watery insipid fluid.

It may proceed from *various* causes; as debility of the stomach, indigestion, bile, and acidities. Persons who are subject to this complaint, ought to avoid stale liquors, acids, windy or watery aliments, &c.

When the *heart-burn* proceeds from *debility of stomach*, or *indigestion*, moderate exercise (but not too soon after meals), and every thing which tends to *strengthen* the stomach, and to *promote* digestion, are among the best means of relief.

If *acidity*, or sourness of the stomach, occasion the disease, we should live chiefly upon *animal food*, avoiding the *fat* and *greasy parts*. Indeed, our *chief attention* should be directed to *destroy* the acidity by *alkalescent diet* in general, occasionally assisted by proper medicine.

If *bile* should be the *cause* of this complaint, (but it generally arises from deficiency of bile,) it must first be removed by proper remedies, the stomach strengthened, and a due attention paid to diet, regimen, and exercise.

The advantages of *exercise* are, that it

prevents the formation of diseases ; and it greatly facilitates the cure, when *medicines* are necessary.

OF REST OR SLEEP.

Sleep is the sweet soother of cares, and restorer of strength ; as it repairs and replaces the wastes that are made by the labours and exercises of the day : but *excessive sleep* has its inconveniences ; for it blunts the senses, and renders them less fit for the duties of life. The *proper* time for *sleep* is the *night*, when *darkness* and silence invite and bring it on.—*Day-sleep* is *less refreshing* : which rule, if it be proper for the multitude to observe, much more is the observance of it necessary for persons addicted to *literary studies*, whose minds and bodies are more susceptible of injuries.

Children require more sleep than *grown persons* ; the *laborious* than the *idle* ; and

such as eat and *drink* freely, than those who live *abstemiously*.

Six or seven hours is certainly sufficient for most people, and no one ought to exceed *eight*. I hardly ever knew an *early riser* who did not enjoy a good state of health; yet it is a well-known fact, *that too early rising* will frequently disorder *invalids* for the *whole day*; especially in *cold* and *bad* weather.

Sleeping, immediately after dinner, is, generally speaking, an unwholesome custom: yet we find that *old people* frequently require it, indulge in it, and are refreshed by it. It is the balm of *age* and *infancy*. The loss of *rest* is often severely felt by the *gay* and the *dissipated*; and *late* hours will undermine the strongest constitutions. I cannot express the genial powers of *sleep*, in words so expressive as in the *emphatic* language of the poet.

“Tir’d nature’s sweet restorer, balmy sleep.”

OF SUPPERS.

Light suppers cause sound sleep, though there are some people who cannot sleep unless they have eaten some *solid* food at night ; but this does not imply the necessity of a *heavy supper*. Besides, these are generally persons who have accustomed themselves to this method, and who do not take a sufficient quantity of solid food through the day.

It is worthy of observation, that it is always *prejudicial* after suffering *severe hunger*, or very long fasting, to eat *immoderately* ; or, after a full and *constant* feeding, to *fast* absolutely. It is what is very frequently done ; and with some *sort of stomachs* it may succeed. But each *extreme* is dangerous to most constitutions.

OF INTEMPERANCE.

For want of due observation and at-

tention to the preceding rules, and in consequence of long-continued *error of diet*, the chief *cause of indigestion*, and its concomitants, will be found in a *morbid irritation of the stomach*, occasioned by taking more into *the stomach* than it is capable of digesting, and the abuse of vinous liquors. In *high life*, and too often among the *middle classes* of society, the afflicted sufferer is an immoderate *eater*, as well as *drinker*; although he professes to make but *one meal* in the course of twenty-four hours. If such men would ascertain the quantity of substantial food and liquids, by putting the same quantity of each dish of which he eats, and of the liquids which he drinks, into a vessel, he would find the collection to amount to more than *treble* the quantity the human stomach will contain. In the first place, the *food* is not properly *masticated*; and instead of being allowed to remain in the stomach, to be *properly* acted on by the gastric juice, the *liquid part* is forced into the intestines by the extra quantity

he takes, and by occasional contraction of the stomach, excited by the stimulus of condiments and wine. On a moderate calculation, of fish, soups, meat, vegetables, pastry, fruit, and wine, including tea, he has swallowed no less a quantity than ten pounds, which would have supplied a family of twelve children with wholesome food for a week.* With an over-distended stomach, and a brain stimulated by wine, the epicure goes to bed; but, instead of obtaining sound and refreshing rest, he falls into a kind of delirious sleep: the distension of the stomach and intestines keeping up irritation in the brain, occasions what is termed dreams and restlessness. On visiting him in the morning, the atmosphere of the chamber is found contaminated by his breath, and unhealthy perspiration of the body. His countenance is cadaverous and dejected, and his chief complaints are loss of appetite, flatulence, and dejection of spirits.

* Abernethy.

Such is the general languor of his system, that it is with great difficulty he gets through the task of dressing himself. To take *breakfast*, he has *no inclination*; and to dissipate *ennui*, and to prepare his stomach for another *rational meal*, he pays a visit to a pastry-cook's shop, takes a jelly and a dose of cherry-brandy, as a cordial, which, by stimulating the stomach, gives a little vigour to the system, and renders life tolerable, till the arrival for the time of dinner. His *feelings*, however, are uncomfortable, till he has swallowed half a dozen glasses of wine, which put him on a good understanding with himself; he then enters into conversation, to his own satisfaction, and "Richard is himself again." Such is the best part of the life of too many of the invalids who apply to medical aid for relief, and who are weak enough to suppose that the bad effects of such a mode of *living* may be obviated by medicine.

A FEW GENERAL HINTS ON THE ARTICLE
OF *CLOTHING*, &c. &c.

*As far as they are connected with our general
Health.*

1. Avoid all sudden transitions from heat to cold, as *leaving a warm room*, &c. without additional clothing, particularly about the neck and throat.

2. Avoid exposing the chest, at any time, uncovered, to a current of air.

3. In *winter*, avoid *thin shoes* and *silk stockings*, as dangerous to delicate constitutions

4. Avoid exposing yourself to cold air, when *heated by exercise*, particularly. The danger is in cooling too fast ; to avoid which, wrap up very warm.

5. Avoid changing your apparel too quickly, from a thick dress to a thin one; and always adapt your *clothing* to the climate, and changes of the weather.

6. Avoid *tight lacing*, and all *tight clothing*, as very injurious, especially to young growing people.

7. To avoid colds, the best method is to be *abroad* every day, when the *weather* will permit; not to *stand still*, but to keep in *exercise*, whilst you are in the air. If the *lungs* are affected, the *sharp air* should be *avoided*, or guarded against, as much as may be, by proper attention to clothing, &c.

8. Avoid all *thin* and *flimsy dresses* in cold *weather*. Weakly people, in particular, should be warmly clothed; they should defend the stomach, bowels, and feet, by flannel or fleecy hosiery.

9. *Children* who are subject to *coughs*, or whose lungs are weak, should not have their *chests* open, and exposed to a keen atmosphere.

10. Above all things, avoid wet clothes, wet feet, night air, damp beds, and damp houses.

*Our wise forefathers held it as a rule,
Keep your feet warm, and let your head be cool.*

I shall now proceed to speak of the nature and properties of the various articles of our common food, &c. so far as they relate to the animal economy.

ON WATER.

Water, is a transparent fluid, without smell or taste. As a diluent, it is wholesome; it promotes digestion, and allays thirst, perhaps, more agreeably than any other liquid whatever.

This, daily experience testifies : and to have it *good*, is of the utmost importance, both for health and comfort.

The most salubrious beverage to take during meals, is, unquestionably, water.

That *water* is best which is perfectly clear, insipid, light, and soft. Distilled or snow water, and that which has past a filtering stone, is purest.

Stagnant waters should be avoided, chiefly on account of *accidental impregnations*.

OF THE MEDICAL USE OF WATER.

Water is an essential constituent in the organization of all living bodies ; and as it is continually expended during the process of life, that waste must be continually supplied ; and this supply is of such importance, that it is

not left to reason or to choice, but forms the object of an *imperious appetite*. When taken into the stomach, *water* acts by its temperature, its bulk, and the quantity absorbed by the lacteals. Water, at about 60°, gives no sensation of heat or cold; but between 60 and 45, the sensation of cold is permanent and unpleasant, and it acts as an astringent and sedative. Above 60°, it excites nausea and vomiting, probably, by partially relaxing the fibres of the stomach; for when mixed with stimulating substances, it has not these effects. In the stomach and bowels, it acts also by its bulk, producing the effects arising from the distension of those organs. It likewise *dilutes* the *contents* of the stomach and bowels; thus often diminishing their *acrimony*. It also, by *absorption*, dilutes the chyle and the blood, increases their fluidity, and lessens *their* acrimony. Its *effects*, in producing fullness and fluidity, are, however, very *transitory*; as it, at the same time, increases the secretions, by the *skin and kidneys*.

Indeed, the effects of sudorifics and diuretics depend, in a great measure, on the *quantity of water* taken along with them.

In simple colds and fevers, from obstructed perspiration, a *pint of cold water*, drank immediately upon going to bed, is, among the *common people*, a very usual and often successful remedy. In these cases, if it acts by *sweat*, it relieves the body. But as there are ways of *exciting* sweat, with less hazard of mischief, a *prudent man* would prefer them. The *practice* is somewhat *desperate*, and may be attended with *very ill* consequences, if drank improperly ; as in inflammatory fevers, sore throats, pleurisy, &c.

A *copious draught* of water, taken either hot or cold, in a *morning, fasting*, is a very wholesome custom : it *dilutes* the contents of the stomach, and *promotes perspiration*.

Dr. Saunders prefers *warm water*, and

particularly recommends it to be drank (fasting) about as warm as the Bath waters, in bilious complaints of the stomach. If taken *at night*, it frequently tends to produce *sleep**.

In *sick head-aches*, which generally arise from *bile in the stomach*, *half a pint of warm water* (as warm as it can be drank comfortably), taken at *any time of the day*, or, perhaps, what is better, at *bed time*, frequently has the happiest effects, by *diluting the bile*, and promoting its evacuation by the different secretions.

If *food lies heavy upon the stomach*, at any time, after eating, nothing tends to relieve so much as a copious *draught* of warm water. It acts very powerfully upon the stomach, in promoting digestion.

* From 90 to 114, Fah.

Water-drinkers, and those who live chiefly upon *vegetables* are observed to be more *healthy* and long-lived than those who use *fermented liquors* and much *animal food*. They are less subject to gout, gravel, colic, scurvy, or apoplexy, and *acute* diseases in general.

In some *peculiar* constitutions, drinking *water only*, is apt to produce *costiveness*; from whence it should seem, that, in those cases, *water* does not act as a *sufficient stimulus* to the *stomach and bowels*; probably, in as much as it tends to dilute the bile, already, perhaps, too inactive; fine mild beer, or *sound porter*, are then to be preferred.

OF THE EXTERNAL USE OF WATER.

The *external use* of water depends almost entirely on its temperature, which may be

1. *Greater* than that of the body, or above 97° Fah.—*The hot bath.*

2. Below the temperature of the body. From 97° to 85° Fah.—This may be called a *warm bath.*

3. From 85° to 65°—*The tepid bath.*

4. From 65° to 32°—*The cold bath*

THE COLD BATH.

Cold water, as a bath, conduces both to *health* and *pleasure*, under *proper regulations*. It will, to the *studious* and the *sedentary*, in some measure, supply the place of *exercise*, and should *not be neglected* by persons of a *relaxed* habit, especially in the warm season of the year.

Sea-bathing, where the *constitution* is *sound within*, is a remedy of great efficacy.

But, under improper circumstances, it is very injurious, and frequently dangerous.

The invalid, before he bathes, should always consult his medical friend. When bathing is thought adviseable, the following rules should be observed :—

GENERAL RULES FOR BATHING.

The *head* should first come in contact with the water, by diving the head *foremost* ; as the *immersion* will be *less felt* when it is effected *suddenly* ; and, as it is of consequence, that the *first impression* should be uniform over the body, we must *not enter* the bath *slowly* or timorously, but with a degree of boldness ; a contrary method would be dangerous, as it might *repel* the *blood* from the *lower* to the *upper* parts of the body, and thus occasion a fit of apoplexy. The *morning* is the most proper time for using the *cold bath*, unless it be in a *river*, in which case, the

afternoon, or from *one* to *two* hours before *sun-set*, will be more eligible; as the water has then acquired additional warmth from the rays of the sun, and the *immersion* will *not* interfere with *digestion*. On the whole, *one hour* after a slight *breakfast*, or two hours *before*, or four hours *after* dinner, are the best periods of the day for this purpose. While the *bather* is *in the water*, he should not remain inactive, but apply brisk, general friction, to promote the circulation of the *fluids*, from the *heart* to the extremities. *Immediately* after the person leaves the water, it is necessary to use the utmost *dispatch* in *drying* the *body* with a *coarse cloth*. He should not afterwards *sit inactive*, unless *warmly cloathed*, and wearing flannel next his skin. It will be highly beneficial to take *general exercise*, till the equilibrium of the circulation be restored, and the vessels, as well as the muscles, have acquired a due degree of reaction.

If, after using the *cold bath*, the person does *not* feel a *glow*, and a degree of warmth excited through *his whole frame*; but, on the contrary, should feel himself *cold* or *chilly*, it then becomes *certain* the *bathing* is *improper*, and should be desisted from, at least, for the present.

COLD AFFUSION,

Or the *pouring* of *cold water* over the *body*, is a very convenient way of applying the *cold bath*, in many cases.

It is *improper*, when there is any *notable perspiration* from the surface, or when the body is below 97°, and where there is a general fulness.

THE SHOWER BATH,

Which is a sort of cold affusion, has its advantages, in some cases; as in *affections of the head*, by being applied to the *head first*,

particularly where there would be danger in repelling the *blood upwards*.

THE HOT BATH,

Is decidedly stimulant in its action, and its *stimulant power* is very *considerable*.

It is found particularly useful in affections of the liver, stomach, bowels, &c. about 97°.

THE WARM BATH,

Claims the first attention in various acute diseases, arising from *obstructed* perspiration.

OF BATHING THE FEET.

The practice of bathing the feet in warm water, heated from 85° to 97°, is found, by experience, to be attended with the most *beneficial* effects, in *recent colds*, wet feet, obstructed perspiration, affections of the head and lungs, &c. particularly at bed-time.

OF MINERAL WATERS.

Mineral waters derive their peculiarity of character from the *various minerals* with which they are *impregnated*, as purging salts, earthy salts, iron, &c. &c. But to enter into an *elaborate view* of the *various properties* and *uses* to which they are *appropriated*, in the *variety of diseases* to which the human body is subject, is to exceed both the design and limits of this publication.

Those who, from choice or necessity, are disposed either to *bathe* in, or *drink* them, should always, for their own security, consult *medical* advice before they begin.

OF THE SALT-WATER BATH.

A bath, made of warm *sea-water*, is attended with the most salutary effects, in obstinate diseases of the *skin*; and also in *acute*

rheumatism, even when accompanied with stiffness of joints, contractions, &c.

OF BREAD.

The use of *bread*, of some kind or other, is as *ancient* as the *history of mankind*; it is likewise so *universal*, that without some form or other of *this kind*, no nations seem to live. This *universal* desire of mankind is, undoubtedly, owing to a *natural instinct*.

The principal and most necessary food among the ancient *Greeks*, was *bread*, served up in wicker-baskets. Their *loaves* were sometimes *baked* under *the ashes*, and sometimes in an *oven*. *Barley meal* was also used among the *Greeks*. Their *bread*, and other *substitutes* for bread, were baked in the form of hollow plates, into which they poured a sauce. The diet of the *first Romans*, was a kind of *gruel*, or *coarse pap*, composed of meal and boiling water; this served for bread,

and when they began to use bread, they had none for a great while, but of unmixed rye. *Barley meal* was eaten by them, and which they called *polenta*, that is *barley flour*, dried at the *fire*, and fried, after being soaked in water.

In *England*, bread is sometimes made of rye, oats, and barley; but that prepared from *wheat*, is by far the most wholesome and nutritious, and is justly called *the staff of life*.

Amongst us, *bread* is chiefly divided into *white*, wheaten, and household; differing only in degrees of *purity*.

In the first, *all the bran* is separated; in the *second*, only the *coarser*; in the *third*, *none at all*; so that *fine bread* is made only of *flour*. Wheaten bread, of *flour* and a mixture of the *finer bran*; and *household*, of the *whole substance* of the *grain*, without taking out either the *coarse bran* or *fine flour*.

Perhaps, a word or two upon the subject of *yeast*, may not be here improper, as connected with the subject of bread.

YEAST,

Is the head or scum rising upon beer or ale, while working or fermenting in the vat. Its use as a leaven in the baking of bread, is well known. It has lately been discovered, that a *decoction of malt alone*, without any addition, will produce a yeast proper enough for the purpose of brewing.—See *Cyclopædia Britannica*, p. 773.

TO PRESERVE YEAST A LONG TIME.

Common ale yeast may be kept fresh, and fit for use, several months, by the following method:—Put a quantity of it into a *close canvas bag*, and gently squeeze out the moisture in a wine press, till the remaining matter is as *firm and stiff as clay*. In this

state, it may be close packed up in a tight cask, for securing it from the air; and will keep fresh, sound, and fit for use, for a long time. This is a *secret* that might be of *great use* to the brewers and distillers, who, though they employ *very large quantities* of yeast, seem to know no method of preserving it, or raising nurseries of it, for which they sustain a very considerable loss; whereas, the brewers in Flanders make a very great advantage of supplying the malt distillers of Holland with yeast, which is rendered lasting, and fit for carriage, by this easy expedient.—Cyclopædia. See yeast.

It is frequently used as a medicine, in fevers, as an antiseptic, and resister of putrefaction.

Bread, in times of scarcity, is frequently made of a proportion of *potatoe meal*, added to the *flour*. It is very nutritious, and will keep well for some time.

To make *potatoe bread*. It has been found, from a variety of experiments, that *good bread* may be made from *equal quantities* of *flour* and *potatoe meal*.

OF COARSE BREAD.

Coarse bread, as it contains more of the *husk* of the grain, is more *purgative* than *fine*, and *agrees* with *many* much *better* than white bread.

OF STALE BREAD.

Stale bread is more easy of digestion than *new*; when *toasted*, it is lighter, and more wholesome.

OF TOASTED BREAD.

Bread, carefully toasted, and infused in *boiling water*, or, as it is commonly called, *toast and water*, is a very *proper drink* for those of *weak stomachs* and bowels, and also

for those who are subject to *acidity*, or *heart-burn*, and to sickness from bile, &c.

OF HOME-MADE BREAD.

Home-made bread, duly prepared, is most wholesome, because it is not adulterated. There is no doubt but that *bakers* frequently use *alum*, or some other ingredient, to make their *bread white*. But to *children's tender bowels*, such bread, as being *astrigent*, is very pernicious. *Biscuit powder*, *tops* and *bottoms*, (as they are called,) *rusks*, &c. as containing *neither yeast* or *alum*, are *not liable* to the same objections, but form a most excellent food for them.

REMARKS ON THE USE OF ALUM IN BREAD.

Dr. Darwin defends the introduction of *alum* into *bread*. He says, "I shall here add a conjecture, that I suppose the *use of alum* in

making *bread* consists in *coagulating the mucilage*, and perhaps thus contributing to convert it into *starch*: for the *bakers* mix it principally with *new wheat*, and affirm, that it makes the *flour* of *new wheat* equal to the *old*. Where *much alum* is *mixed* with bread, it may be distinguished by the eye, by a curious circumstance; which is, that where *two loaves* have *stuck together* in the oven, they *break from* each other with a much *smoother surface* where they had *adhered*, than *those loaves* which do *not contain alum*. Add to this, that *alum* is also used by the *London bakers*, for the *purpose of cleaning the river-water*, with which they are supplied, which is frequently *muddy*; and also, for instantaneously destroying the *volatile alkali*, which is said to exist in some *London wells*, owing to the vicinity of the dung-hills.

Alum is said to be used by the *Chinese*, for the *purpose of cleaning the water of some stagnant reservoirs*: and when used in

small quantity, may, in all these respects, be *rather salutary* than *injurious* to the bread of London.

In a medicinal point of view, a *certain portion* of *alum* may render bread better for some *weak* and *relaxed bowels*: but in an *opposite* state of them, it is highly *pernicious*, from its *evident astringency*.

OF PUDDINGS.

Puddings form a very *useful* and pleasant part of our *diet*: the *plain and simple kinds* sit light and easy upon the stomach; but when they are made *rich*, they require a strong stomach to digest them.

HASTY PUDDING,

Is made of *milk* and *flour*, boiled quick together. On account of its *tenacity*, it is not so *wholesome* as it is generally *imagined*

Added to which, it is generally eaten with treacle or sugar, with the *unwholesome* addition of *butter*.

OF DUMPLINGS.

Dumplings, generally speaking, are *not* so easy of digestion as *light pudding*. But to this rule there are exceptions; as many individuals, of peculiar constitutions, find *dumplings* sit *more easy* upon *their stomachs*, than the lighter sort of puddings.

OF SUET-DUMPLINGS.

Suet-dumplings, as being made of the *suet* or *fat* of *animals*, require a strong stomach to digest them. They should be eaten with *peper* and salt, but never with butter.

PANCAKES.

Pancakes, and substances of the kind, which are generally *fried* in *oily* and *greasy*

materials, rendered rancid by heat, become *more indigestible* than either of the preceding. They should be eaten with a little sugar and vinegar.

OF MEATS.

Among the *Jews*, several kinds of *animals* were *forbidden* to be used as *food*. The *flesh* with the *blood*, and the *blood* without the *flesh*, were prohibited. The *fat*, also, of *sacrificed* animals was *not* to be eaten. Roast meat, boiled meat, and ragouts, were in use among the *Hebrews*; but we meet with *no kind* of seasoning, except *salt*, *butter*, *herbs*, and *honey*. They never mingled *milk* in any ragout or hash, and never ate, at the *same meal*, *both meat* and milk, butter, or cheese.

The *daily provision* for *Solomon's table* was 30 measures of fine wheat flour, 60 of common flour, 10 fat oxen, 20 pasture oxen, 100 sheep, besides venison and wild-fowl.

Butcher's meat, in the time of great scarcity, in the reign of Edward 2d. was, by parliamentary ordinance, sold three times cheaper than our medium price, at present. Poultry somewhat lower, because being now considered as a delicacy, it has risen beyond its proportion. The medium price of corn, at that period, was half the present value. In the next reign, which was that of Edward 3d. the most necessary commodities were, in general, about three or four times cheaper than they are at present.

The commodities whose *price has* risen *most* since before the time of Henry 7th, are *butcher's meat*, fowls, and fish, especially the *latter*; and the reason why *corn* was always *much* dearer, in *proportion* to other *eatables*, according to their prices at present, is, that in *early times*, *agriculture* was little *understood*. It required *more* labour and expence, and was more *precarious* than it is *at present*. Indeed, notwithstanding the *high price* of *corn*, in the

times we are speaking of, the *raising* of it so *little answered* the *expence*, that *agriculture* was *almost quitted* for *grazing*, which was *more profitable*, notwithstanding the *low price* of *butcher's meat*, so that there was constant occasion for *statutes* to *restrain grazing*, and to *promote agriculture*; and no *effectual remedy* was found till the *bounty upon* the *exportation* of corn; since which, ten times more corn has been *raised* in this country than before.

In the reign of *James* the 1st, *butcher's meat* was *higher than* at present. This may be true with respect to *London*, but the price of *butcher's meat*, in the country, which does not even now much exceed this price at a medium, has certainly greatly increased of late years, and particularly in the northern counties.

Animal food promotes *scurvy*, and *vegetable* corrects it: hence, a *due mixture* of both is most wholesome to the constitution.

Fat meats are more *nutritious* than *lean*, but not so *easy of digestion*. It is generally supposed that *one ounce* of *fat meat* affords nutriment equal to *four ounces* of *lean*.

QUALITY OF MEATS.

The *juices* of *young animals* are mucilaginous; those of *old ones* glutinous. But with respect to the *difference* between *old* and *young* meats, within certain limits, viz. between a *sheep* and an *ox* of *two* or *ten* years old, there is a *distinction* not commonly adverted to in works upon diet, which is the *state of the animal*, either as *improving in flesh* or *fat*, or *losing either*. The *meat* of an animal of *ten years old*, in an *improving state*, is more juicy, and more easily digested, than that of a much younger one, which is *declining* from an improved state. The *gravy* of all meats is wholesome and nutritious.

OF THE TIME OF KEEPING MEATS.

In regard to *keeping meats*, we know, that those peculiarly disposed to *putrefaction*, are not injurious, except in consequence of *abuses*, or tormenting, or over-driving the animal *before* it is *killed*; the abuses just mentioned, being on a *diseased state*, sometimes render the meat distasteful, but not (I believe) injurious. A *certain* degree of *putrefaction*, or an approach to it, is certainly no objection, if the person do not dislike it. *Fresh animal food* is long in passing through the stomach, and feels sometimes inconveniently *heavy*. When *kept*, the inconvenience is *more slightly* felt; and as the *stomach* has a *power* of rendering putrid substances *sweet*, if the *putridity* be in a *small degree* only, it will be corrected; or if the *meat* merely *tend to that* state, the *farther progress* will be *prevented*.

OF THE ART OF COOKERY, &c.

1st. OF ROASTING.

The *less* that all flesh-meat undergoes the power of *fire*, the *milder* and *wholesomer* it is. This doctrine, however, is denied by Dr. Falconar. He admits, that meat, *little done*, is the most soluble; but, at the same time, contends, that it is exceedingly *alkalescent*, and runs quickly into putrefaction.

OF BOILING.

Boiling is also an excellent mode of preparing animal food, rendering it more soluble, *without destroying*, if *properly* done, its *nutritious qualities*, and being peculiarly calculated for *weak* stomachs. But boiling, when *carried to extremes*, *extracts* the nutritious parts, which are conveyed with the liquor, and the *meat* itself is left behind, insipid, dense, and *unfit for nourishment*.

OF ROASTING AND BOILING COMPARED.

Young and vici'd food, as veal, chickens, partridges, &c. are more wholesome when *roasted* than *boiled*, and easier digested. But *beef* and *mutton* are casier digested when *boiled*, than *roasted*; consequently *boiling* such meat is better calculated for *weak stomachs*.

Boiling is particularly applicable to *vegetables*: rendering them more soluble in the stomach, and *depriving* them of a considerable quantity of *air*, so injurious to *weak stomachs*.

OF STEWING.

Stewing is reckoned the mode by which the *greatest quantity* of nourishment is derived from the meat.

OF BROILING.

Broiling hardens the outer surface before the heat has penetrated the whole. This prevents *any excess of exhalation* : and the meat, when done, is rendered sufficiently tender. It is peculiarly suited for *steaks*, which are, comparatively speaking, eaten in a *juicy* and *almost raw state*.

OF FRYING.

Frying is a process that renders meat more indigestible than any other ; it requires, therefore, the addition of *stimulants*, to enable the stomach to digest it.

OF BAKING.

Any considerable exhalation is thus prevented, and the meat, by the retention of all its juices, is rendered more *sapid* and *tender*.

But *baked meats* sit heavy on some stomachs, from the greater *retention* of its *oils*, which are in a *burnt state*. It requires, therefore, the additional *stimulus* of *spices* and *aromatics* to render it *lighter*, and to increase the power of the stomach to digest it.

Of the NATURE and PROPERTIES of the VARIOUS KINDS of ANIMAL FOOD.

OF BEEF.

Beef is not so easy of digestion as *mutton*, being of a more *firm texture*. But is equally nutritious.

The *lean* part of *fat beef* is most easy of digestion.

Cow-beef is not so *tender*, nor so nourishing, nor so digestible as *ox-beef*.

The tongue, the tripe, and sausages made of beef, are more difficult of digestion than the beef itself.

OF VEAL.

Veal is not so easily digested as *beef*; nor is it so nutritious, nor so *well* suited to *weak stomachs*, as is generally imagined. It should be eaten with some acid, as vinegar, &c.

Beef tea and mutton tea are much more wholesome for weak stomachs, than the broths usually made from those meats.

MUTTON.

Mutton is well known to be a highly-*nutritious* and wholesome meat: it is, perhaps, more universally used than any other animal food. Weather-mutton, or the flesh of the castrated animal, is most esteemed, and is by far the sweetest and most digestible. Sancto-

rius speaks of *mutton* as the most perspirable of all food.

BEEF STEAKS,

When very nicely and properly drest, with all their juices in, and eaten in their simple state, are *easy of digestion*, highly *nutritious* and proper for *convalescents*. But when eaten with rich *oyster sauce*, &c. they become a dish fit for the epicure.

MUTTON AND LAMB CHOPS,

Like beef steaks, should be drest with their *gravy in* ; they are then very light and easy of digestion ; but when the *outer surface* is hardened by *heat*, they are fit only for strong stomachs.

BULLOCK'S HEART,

When stuffed, roasted, and eaten with *gravy*, has a great resemblance to hare. It is

more digestible than a very *old hare*, but not so easy of digestion as a *young one*.

LAMB,

Being less *heating*, and less *dense* than mutton, is better suited to *weak* stomachs.

Lamb, however, is subject to a *particular* management: if the lamb be allowed to suck its mother *six* months or longer, it becomes an aliment more nourishing and digestible than a lamb of the same age that has been weaned, as is usual, at the end of *two* months.

HOUSE LAMB,

Is not so wholesome as the lamb which *runs abroad*, in its natural state.

THE RABBIT.

The *rabbit* partakes of the *less soluble* nature of younger meats; and, when *old*, is re-

markably dry and indigestible. Others aver, that the flesh of the rabbit is softer and more digestible than that of the *hare* ; but it is not so nourishing. *Wild rabbits* are both more digestible and more palatable, than such as are domesticated.

JELLIES, TRIPE, AND CALVES' FEET,

As being of a *viscid nature*, are not so wholesome, as generally imagined, for weak stomachs ; they contain much nourishment, but are not easy of digestion.

VENISON.

Venison is very easy of digestion, and passes readily off the stomach. Perhaps, nature affords no kind of food so easily digestible. It contains much good nutriment.

Vension is probably the only food that can be eaten in excess, without danger ; being

generally *so long kept*, it becomes more easily soluble upon the stomach, and passes off readily.

The animal should not be killed till he is above four years old, and the *flesh* is fattest, and best flavoured, in the month of August.

HARE.

This animal being wild, and much exercised, has its flesh dense, and not easily soluble; but is an alkalescent food, and is therefore more easily digested, and proves tolerably *nourishing*. The *back* being the most juicy, is esteemed the best part of the hare.

As it is an animal of chace, and often killed after *long exercise*, it is *then* more difficult of digestion than when it is *suddenly* killed; though, from the fact of its being *more tender* in eating, this is not generally supposed to be the case.

Persons who are subject to *scurvy*, should not eat *much game*, especially in the *summer*.

It is generally allowed, that *hares* are not more than *one fourth* as prolific as rabbits.

OF PORK.

Pork is very nutritious ; but, on account of its containing a great quantity of *jelly*, and being in general more fat, is not so easy of digestion as beef, mutton, &c. consequently is not fit for weak or bilious stomachs.

The too-frequent and long-continued use of *this meat*, favours obesity, produces foulness of the stomach and bowels, and occasions disorders of the *skin* ; but it is very *nutritious aliment*, provided that it is not more than our digestive organs can assimilate. In this respect the *digestive organs* are very *different in different persons*, and in the *same person* frequently different at different periods.

OF ROASTED PIG.

The flesh of the *sucking pig* is reckoned a great delicacy, and is very nourishing ; but by reason of the thick and slimy juice with which it abounds, is not very readily dissolved in the stomach, and therefore is by no means proper food for weak and sickly persons. It requires a *stimulant*, of which *mustard* is the best.

BACON.

Bacon is a coarse and heavy, but nutritious food, fit only to be taken, in considerable quantity, by robust and laborious people: upon the whole, it may be said of *pork*, that the occasional and sparing use of it is sufficiently salutary ; but that it cannot be made a *principal part of our daily diet*, without producing disorders in many constitutions, and particularly in those who are of a melancholy temperament, and lead a *sedentary life*. It is very pernicious to those who are subject to the heartburn.

OF BRAWN.

Brawn is a substance not readily soluble, but in such stomachs as can dissolve it, affording a great deal of nourishment.

OF SAUSAGES.

Sausages require a good stomach to digest them ; and *blood-sausages*, or black-pudding, made of suet and coagulated blood, are almost indigestible.

SMOKED HAMS.

Smoked hams are a strong food, yet they will frequently agree with weak stomachs, where *veal*, and the younger kind of animals, will not.

HUNG BEEF.

Hung beef, dried and scraped, forms a most excellent luncheon : it partakes of the

nature and qualities of *ham*, but is not so rich upon the stomach.—The same may be said of *dried tongue*.

OF FOWLS.

Fowls, generally speaking, are *food* of easy digestion; but the very *young* are not so wholesome as the middle-aged. A good *barn-door fowl* is esteemed *more wholesome* than one *hastily fed*, though certainly not so delicious.

The *legs* and *darker parts* of a *fowl* are wholesomer, and more easily digested, and more nutritious than the *wings* and *breast*.

EGGS.

The eggs of all granivorous birds, and especially of the *domestic fowls*, yield a mild, demulcent, and strengthening aliment, well suited to consumptive persons, and such as are exhausted by immoderate evacuations.

Both the whites and yolk of eggs are very hard of digestion, when boiled to hardness. But we find, by experience, that even when they are *boiled hard*, where there is too quick a *digestion*, they will agree with *weak stomachs*, although they remain a long time unchanged. In some *habits*, *eggs* are apt to produce *costiveness*.

Eggs are wholesome in a morning, eaten at breakfast time; or an egg broken into a cup of tea, or beaten, and mixed with a *basin* of *milk*, makes a breakfast much more supporting than *tea alone*, where milk will agree with the stomach.

Upon the whole, eggs should be subject to as little of the art of cookery as possible.

Raw eggs, generally speaking, are gently *laxative*, and are found to be serviceable, frequently, in cases of jaundice, &c.

As an *emulsion* made of eggs, forms a very useful *drink* in many cases, I have subjoined the following :—

TO MAKE AN EGG EMULSION,

Rub the *yolk* of two or three eggs and a little *white* sugar with a pint or two of *cold water*; adding to it, afterwards, a glass of any *light wine*, and a *little piece of lemon*, to give it a flavour, where there is no acidity upon the stomach to forbid it. This makes a very nutritive restorative drink.

This *egg emulsion*, *without the wine*, is a good remedy in coughs, hoarsenesses, &c. and frequently in costiveness.

Tallow, or *mutton suet*, if carefully rubbed over the shell, will preserve eggs fresh for a long time.

THE TURKEY, PHEASANT, AND
PEACOCK,

Each afford excellent nutriment.

QUAILS,

Are more *tender*, and easy of digestion, than *tame fowls*; and, as being more on the wing, are more alkalescent.

GEESE AND DUCKS,

Are both difficult of digestion, and unfit for weak or bilious stomachs. The *fat* of a *young* goose is more digestible than the *fat* of an *old* one.

MALLARD, OR WILD DUCK,

Inhabits Europe, Asia, and America; is very common in marshy places, in many parts of this kingdom; but no where occurs in

greater plenty than in Lincolnshire, where prodigious numbers are annually taken in the decoys.

The wild duck is much easier of digestion than the tame.

THE WIGEON,

Visits England in autumn, when great numbers are taken in decoys, being esteemed an excellent food; and when kept a proper time, and gently roasted, easy of digestion.

THE TEAL,

Is in high request at the table: visiting us in winter, and frequents our fresh waters, in small flocks. They are light and easy of digestion.

THE PARTRIDGE.

There are a great many to be found in the more uncultivated parts of Devonshire, Corn-

wall, and Wales, as well as in the north of Scotland.

It inhabits Europe and Asia, though chiefly in temperate regions ; the extremes of heat and cold being equally unfavourable to it.

They are *no where* in greater plenty than in *this island*, where, in their season, they contribute to our most elegant entertainments. They pair early in the spring ; and the female is very prolific, laying from 12 to 20 eggs.

The flesh of the *young bird* is very tender, and easy of digestion ; whilst that of the *old one* is *hard* and *tough*.

WOODCOCKS,

The *flesh* is *tender*, delicate, and esteemed a great dainty ; but is more rich, and *not so fit for weak stomachs*, as the flesh of the

partridge—it is also more alkaliescent. The *wing* of the *woodcock* is *more tough* than that of the *partridge*. This circumstance is said to arise from the *woodcock flying about* more than the *partridge*.

SNIPES,

Are to be met with in marshy situations, in almost every part of the world, and are very plentiful in our own island. The Snipe is much esteemed, as a delicious and well-flavoured dish; and, though it is very fat, rarely disagrees with the stomach.

LAPWING, OR PLOVER,

Is met with in most parts of Europe. They remain in this country the whole year. Their flesh and eggs are both reckoned delicacies for the table; are wholesome, and easy of digestion.

THE MOOR-HEN,

Is found in most sedgy and slow rivers, or streams of water, and its flesh is reckoned by some very delicious, and not unwholesome.

THE BUSTARD,

Is now almost extinct in our island. The flesh, particularly of the young, when kept a little time, is excellent and wholesome.

GUINEA-FOWL,

Is now much esteemed, as a delicacy, especially when young. It is very easy of digestion.

GROUSE.

The flesh is much esteemed, and its eggs are accounted preferable to those of every other bird.

BLACK GAME, OR BLACK COCK.

In Britain, it is *chiefly* confined to the northern parts of the kingdom, and especially to the Highlands of Scotland, and in some parts of England and North Wales. They are esteemed a great delicacy, but are not fit for weak stomachs.

PIGEONS,

Are heating food : the young are the easiest of digestion ; but even *these* are unfit for weak stomachs, and those who are troubled with bile.

THE ROOK.

The rook feeds on the insect tribe and grain. The young birds, when skinned, and made into pies, are much in request at some tables ; but they are inferior, both in flavour and digestibility, to the pigeon.

OF FISH.

There are about 400 species of fish (according to Linnæus) of which we know something: but the unknown ones are supposed to be many more. The principal fisheries for salmon, herring, mackerel, pilchards, &c. are along the coasts of Scotland, England, and Ireland: for cod, on the banks of Newfoundland: for whales, about Greenland.

The texture of fish is more tender than that of flesh: they have nothing of a fibrous texture like flesh. Hence, some aver, that *fish* is more easily dissolved upon the stomach; *whilst others* maintain that *flesh* passes off the stomach more readily than *fish*. In my opinion, *fish*, as being *more viscid*, is more difficult of digestion than flesh, particularly upon weak stomachs. But, in fact, it is here, as in many other cases, there is no laying down a general rule; for (as has been before

observed) the digestion varies in various constitutions, and even in the same constitution at different times : the whole of the process depending upon the *present state* of the *stomach*, and of the organs concerned in the assimilation of our food.

Dr. Willich *does not think fishes nutritious* : common opinion opposes that doctrine.

The *softer fishes* pass readily and easily through the stomach, but are, probably, not particularly nutritious. The *harder kinds* furnish a very nourishing meal.

OF DRESSING FISH.

The most simple manner of dressing all *kinds of fish*, is the wholesomest ; more especially for invalids. When they are *fried*, (which they generally are) in an oily greasy substance, rendered rancid by *heat*, and eaten

with *rich* sauces, they require a strong stomach to digest them.

OF SHELL FISH.

Shell fish are nutritious, but not easy of digestion. They should not be eaten without vinegar.

In the order of digestibility, they would stand thus : oysters, muscles, crabs, lobsters, shrimps, prawns, cray-fish, and cockles.

OYSTERS.

Oysters, contrary to the opinion of some, are generally more wholesome and digestible, when they are *raw*, than when drest in any form whatever : very nourishing and not heating. They are proper for people who are recovering from a fit of sickness, whose weak stomachs, sometimes, will not *digest flesh meats*. In cold flatulent stomachs, they

require *pepper* to warm them. If eaten in any quantity, they obviate costiveness. Those persons who cannot eat them cold, may have them laid in *boiling* water till they are hot through ; but they should not be boiled, as it tends to harden them, and makes them improper for weak stomachs. The beards* of the oysters should be taken off, as being the part most hard of digestion.

OYSTERS, ROASTED OR SCALLOPED,

After passing the ordeal of fire, are rendered more hard of digestion ; more particularly by the addition of *butter*, and made rancid by heat.

OF THE TURTLE.

The turtle, or sea tortoise, commonly eaten in this country, is the esculent or com-

* The lungs of the oyster.

mon *green turtle*: the latter name being derived from the colour of *the fat*. This species is one of the largest of the genus, often exceeding five feet in length, and weighing 500 or 600 lbs. It is a *native* of all the *seas* within the *torrid zone*.

Turtles were little known in *Britain* previous to the eighteenth century.

They are esteemed a very *great dainty*, but are *more fit* for the *epicure* than for *those* who have *weak stomachs*, being *not easy* of *digestion*, from its fatness, &c.

The *green fat* is the most *luxurious part*, and is held in very *high estimation*. The *eggs* are also very much esteemed by the *natives*, who take great pains to discover them.

MOCK TURTLE,

Being *rich* and *glutinous*, is *not easily* soluble upon a *weak stomach*.

LOBSTERS,

Are taken along the *British channel*, and on the coast of Norway, &c. &c.

Lobsters properly come under the class of *marine insects*. As *food*, generally speaking, they are *not easy of digestion*; yet *experience* informs us, that even *weak stomachs* are benefitted by them; and that they are well adapted to cases of *great debility*, for *convalescents*, and those who have a *quick digestion*.

The *river lobster* is more delicate eating than the *sea lobster*. They should be eaten with vinegar and pepper.

CRABS,

Like lobsters, are a species of *water insects*. They are not easy of digestion.

MUSCLES,

Are of a more solid texture, and therefore not so easily digested as oysters. They are by some imagined to be a poisonous food. The examples of their *deleterious* nature are very rare. They should be eaten with vinegar.

TURBOT.

Turbots are chiefly taken off the *north coast of England*, and others off the *Dutch coast*. They are much more *easy of digestion* than *salmon*.

SALMON.

Most of the fishes of this genus frequent pure and rapid streams ; a few of them inhabit the sea, but enter rivers for the purpose of depositing their spawn in spring, and return to the sea in autumn.

Salmon is nourishing, but viscid, heating, and not easy of digestion ; consequently not fit for *weak stomachs*.

Indeed, many who indulge themselves in eating it, are under the necessity of having recourse to a dram of some *spirit* or other, to carry it off. Lobster sauce makes it still more unwholesome : vinegar acts as a corrector.

SALMON TROUT,

Usually spawn in September or October. Its flesh is like that of the salmon, and ranks with it in point of digestibility.

PIKE.

This fish breeds but *once in a year*, which is in *March*. It is found in almost all fresh waters ; but is very different in goodness, according to the *nature of the*

places where it lives. The *finest pike* are those which feed in *clear rivers*. Those in *ponds* and *meres* are inferior, and the *worst* of all are those of the *fen ditches*.

The pike is a *dry fish*, and *not* nutritious.

CARP,

Is very tenacious of life, and may be kept for a considerable time in any damp place, though not immersed in water; and well-authenticated instances are quoted of its attaining to the age of more than a century. It is said to have been introduced into England about the year 1514. It is reckoned one of the most delicate of fresh-water fishes, being more *viscid* than *tench*; is not so *nutritious*; and, like them, when boiled, and eaten with a little vinegar, are proper for *invalids*; but when stewed, and drest in the usual way, become improper for them.

TENCH.

The tench resides in stagnant waters, with muddy bottoms, in most parts of the globe; deposits its minute greenish ova in May and June; is very prolific; of quick growth; and is supposed to hibernate in the mud of the waters which it inhabits: is very nourishing, and being boiled, very fit for convalescents, or those recovering from sickness. They should then be eaten with a little vinegar. When *stewed*, and drest in the usual way, with *rich gravies*, &c. as they are generally served up at our tables, they require an active digestion.

ROACH,

Spawns about the middle of May, and is very prolific; its flesh is white, firm, and well tasted, but not held in any great repute; it is inferior to the perch, and not so easy of digestion.

PERCH,

Inhabits clear rivers and lakes, in most parts of Europe. Spawns early in spring, and is so tenacious of life, that it may be carried to the distance of sixty miles in dry straw, and yet survive the journey; it is firm, delicate, and easy of digestion. It was held in high repute at the table of the Romans.

GUDGEON.

This is a very prolific species, and deposits its spawn, at intervals, in the spring. It is not hard of digestion, and in great request for the table.

MACKEREL.

The mackerel is a *summer* fish of *passage*, found in *large shoals*, in divers parts of the ocean, not far north; but especially on the *French* and *English* coasts.

Mackerel are *drier, not* so nutritious, and more difficulty soluble than *turtle or turbot*.

OF COD.

There are four sorts of commodities drawn from cod—the sounds, the tongues, the roes, and the oil extracted from the liver. Cod varies very much in quality, some being of a soft, others of a firm texture. The harder furnish a very wholesome meal.

LING,

In many places, is salted both for exportation and home consumption. An excellent isinglass is prepared from its sound. It is not easy of digestion.

SOLE.

On the west coast of Great Britain, it attains to a much larger size than on the east.

Next to the turbot, soles are reckoned the most delicate of the genus, and wholesome.

PLAICE.

They spawn in the beginning of May, and are common in the Baltic and northern seas. The best are said to be taken off Rye, on the Sussex coast, and near Holland. They are in considerable request in the fish market, though far inferior to the sole and turbot, in point of flavour, nutrition, and digestibility.

FLOUNDER,

Is found in the Northern, Baltic, and Mediterranean seas. In size it is much inferior to the plaice; but it affords a light and wholesome food.

THE HADDOCK,

Has a large black spot on each side, above the pectoral fins. Superstition assigns

this mark to the impression which St. Peter left with his finger and thumb, when he took the tribute out of the mouth of a fish of this species, and which has been continued to the whole race. Its flesh is white, firm, and easy of digestion.

THE WHITING,

Begins to spawn at the end of the year, and continues to the beginning of February. Its flesh is white, tender, and delicate; but insipid when the fish is out of season.

.STURGEON,

Inhabits the ocean, the Mediterranean, &c. It is sometimes, however, taken in our rivers in the salmon nets. The flesh is delicate, white, and firm; but not easy of digestion.

SKATE,

Is in the highest perfection in May. It is rather viscid, and not easy of digestion.

THE DORY,

Is easy of digestion ; it is esteemed a most delicious fish ; and, with many, forms a most luxurious repast.

LAMPREY,

In general appearance, approaches to the eel tribe ; as an article of food, the lamprey has, for many ages, maintained its credit as an exquisite dainty. The death of Henry I. it is well known, is attributed to a too luxurious indulgence in this his favourite dish. It still continues to be in high esteem. They are most in season during March, April, and May. They are found in several of the British rivers, but that which is most celebrated for them, is the Severn. They are not easy of digestion.

SPRATS,

Inhabit the Northern and Mediterranean seas, and approach the shores in countless swarms in autumn.—They are very oily and rich, and should be eaten with vinegar, &c. to correct them.

PILCHARDS,

Are very frequent on some of the European coasts. They usually visit the shores of Cornwall, in vast shoals, about the middle of July, and disappear at the commencement of winter. As a food, in point of digestibility, they resemble the sprat.

HERRINGS,

Are found in *great plenty* from the *highest* northern latitudes, as *low* as the *northern* coasts of France. They are also met with, in vast shoals, on the coast of America.

Herrings are *heating* ; and, when dried, not easy of digestion in weak stomachs ; those cases excepted, where the lighter aliments pass too readily off the stomach.

They spawn at different seasons ; some in spring, some in summer, and some in autumn ; when they approach our shores in immense shoals.

ANCHOVY.

The anchovy is caught in the month of May, June, and July, on the coast of Catalonia. Collins says they are also found in plenty in England and Wales. The fishing for them is chiefly in the night time ; when a light being put on the stem of their little fishing vessels, the anchovies flock round, and are caught in the nets. They make a most excellent sauce, when pickled with pepper, &c.

Anchovy-toast forms an agreeable stimulant to the stomach; gives a *zest* to *wine* after dinner; but is only fit for the epicure.

The principal anchovy fishery is about the small island of Gorgona, near Leghorn.

SALT-FISH,

Being bound up with salt, and eaten with a variety of vegetables, as carrots, parsnips, and egg sauce, with butter, forms a very delicious meal, but is only fit for strong stomachs.

KIPLING,

Which is made from *cods' sounds*, pickled and salted, is eaten in the same way, and possesses nearly the same qualities as the salt-fish; but it is more delicate, and more highly esteemed.

EELS,

Are oily, nourishing, but heating, and not easy of digestion. They rarely sit easy upon weak stomachs; they should be eaten with an *acid*, to correct them.

ROE MILT, OR MELT,

Is the *soft roe* in fishes, and is esteemed a great dainty; but it is improper for *weak stomachs*.

The milt is properly the seed, or the spermatic part of the male fish. That of a carp is reckoned to have the preference.

OF MILK, &c.

Milk is chiefly composed of three parts,
viz.

1. Cream, or animal oil.
2. Curd, or *cheesy* part.
3. Whey, or watery part.

The human milk is *the sweetest*; that of asses *next to it*. Next, in order of tenuity, stand—mare's, cow's, ewe's, and goat's milk.

Milk is a fluid, which is supposed to resemble *chyle*, very nearly, and is long retained upon the stomach, doubtless for the purposes of nutrition.

There are some stomachs which reject milk, when it has been medicinally recommended; but they are such to whom milk has been a perfect stranger; and in that, as in similar cases, small *repeated quantities* of it, taken without the mixture of any other kind of food, have reconciled the stomach to any larger quantity which may be thought necessary; the condition of the gastric juice, and the action of the stomach, accommodate themselves to that regimen, to which the stomach has been accustomed. Sugar and salt are the best correctors of milk.

Milk, generally speaking, is acescent, yet it frequently cures the heart-burn. When the stomach is weak, and an *acid* prevails, milk coagulates. Indeed, it should seem that it is apparently, in general *coagulated*, previous to digestion. Be that as it may, wherever there is *bile upon the stomach*, milk, as being acescent, will become *purgative*; but is generally reckoned to produce costiveness.

The *milk* of each *particular kind* of animal, is fitter for particular purposes when fed on proper food. Thus, the *cow* delights in the succulent herbage of the vale. If the *sheep* be fed there, he certainly rots; but on the higher and more dry side of the mountain, he feeds pleasantly and healthy; while the *goat* never stops near the bottom, but ascends to the craggy summit: and, certainly, the milks of these animals are always best upon their proper soil, and that of *goat's* is best on a mountainous country.

Boiled milk is more costive than *raw*. To obviate the costiveness which *milk* is apt to produce, it is often proper to mix *brown sugar*, or a little *magnesia* with it, or to boil it with *oatmeal*.

The following formula is daily found to be advantageous to those whose weak stomachs will not *bear milk alone*.

TO MAKE MILK BROTH OR PORRIDGE.

Take any quantity of *thin oatmeal* gruel, in a *boiling state*, and add to it the same quantity of *milk*; then add *salt* to the palate, and let it be eaten with *toasted bread*. It is usual to *boil the milk* with the *gruel*, but it is improper, as boiling hardens the milk, and renders it not so easy of digestion.

OF A MILK DIET.

A milk diet is very proper in *hectic* constitutions; if duly persevered in, it will

correct, or as it were, change the whole mass of blood. It is well-known that *gouty* people, who have the resolution to persevere in the use of milk, have experienced the happiest effects from it.

Milk, from its *animal nature*, is very nourishing; and, from its *vegetable*, easy of digestion. When *milk* is too *heavy* for a weak stomach, it is better to dilute than to skim it, particularly for children; as, by being skimmed, the milk loses its most nutritive parts.

The *common practice of invalids*, of mixing *rum*, or *other spirits*, with milk, under the *mistaken idea* of their being wholesome, cannot be too much reprobated. It is a vulgar error, and a very pernicious custom. Where it will agree, milk is the wholesomest, the most natural, and, in most cases, the most nutritive food of man. We know, from experience, that *men* may live upon *milk*,

unless they have been accustomed to *wine*. For all nations (the Japanese only excepted), use milk, and may live upon it alone.

OF ASSES' MILK.

Asses' milk is light, and well suited to *weak stomachs*. It is commonly employed in consumptive cases.

OF CHEESE.

Cheese varies according to the kind of milk from which it is prepared, and according to the quantity of oil and whey which the coagulable matter contains ; and, lastly, according to its age. In general, it is an aliment suited only to strong stomachs, and to such persons as use great and constant exercise. In the higher orders of society, it is chiefly used as a condiment. It is absurd to suppose that it assists digestion. There is no foundation whatever for the supposition.

TOASTED CHEESE,

Is *not* easily digested by *weak stomachs* ; and for those who can be hurt by *indigestion*, or heated by a heavy supper, it is a very improper diet.

CREAM CHEESE,

Is very unwholesome, liable to turn sour, and hard of digestion, particularly on *cold stomachs*. Pepper and salt should invariably be eaten with it.

PARMESAN CHEESE,

Is made *in Italy*, of *sweet cows's milk*. In some places they make it of *ewe's milk* ; and in *others*, it is usual to add *goat* or *ewe's milk* to that of the *cow*. The *cattle*, by grazing in *luxuriant pastures*, give the cheese a very *rich and delicious* flavour, and impregnate it with the *taste* of the highly-

scented herbages of which they partake as *food*. It is very delicious and nutritive, where it will agree with the stomach.

MACARONI,

Simply, of itself, is an *Italian cake*, sweet to the taste, but *not nutritious*; on the contrary, it *palls the appetite*, and cloyes the stomach. Cheese, (*parmesan is best*,) butter, cayenne pepper, and salt, are added to it after it is boiled in milk, to make it savoury for our tables. It then becomes a pleasant but very unwholesome dish.

STILTON CHEESE,

Is very *fine and delicious*; equal, if not superior, to any cheese which graces our tables. It is highly nutritious; but, from its *superior* richness, not adapted to weak stomachs.

CHESHIRE CHEESE,

Which is old and sound, by producing a temporary stimulus upon the stomach, is the most wholesome cheese we can eat.

DUTCH CHEESE,

By being over-salted, acquires a pernicious acrimony; and is, on that account, very unwholesome.

THE CURD.

Curds, taken in considerable quantity, are highly oppressive to the stomach, and frequently produce obstructions of the bowels.

WHEY.

Whey is more acescent than milk, and more purgative; it is said to be a great corrector of the blood, and passes off easily

by the secretions of the body. Taken liberally, it has been beneficial in the gravel. It is lightly nutritive, diluent, and diuretic.

CREAM.

Cream, by being *too rich*, is improper for weak stomachs, liable to turn rancid, and difficult of digestion; upon *strong* stomachs, which can digest it, it is very nourishing.

BUTTER,

Is a fat unctuous substance, prepared from milk, by beating or churning. It was late ere the *Greeks* had any notion of butter.

The *Romans* used butter no otherwise than as a *medicine*—never as a *food*.

The *trade* in butter is very considerable. Some compute 50,000 tons annually consumed in *London*.

Butter, as partaking more or less of the quality of *oil*, is liable to turn rancid: is not easily assimilated or digested upon the stomach; consequently, is apt to produce disorders of the stomach and bowels, to foul the blood, and to throw out eruptions of the skin. It is very pernicious to bilious persons, as it requires strong and well-exercised powers of digestion.

Melted butter, by partaking of the qualities above mentioned, is liable to the same objections, and highly improper for bilious and hypochondriacal people.

Cold butter, when eaten fresh, and without undergoing heat by fire, or any other cause, is most wholesome. *Cold butter*, spread simply upon *cold dry toast*, is the most innocent way of eating it; especially for invalids.

BUTTERED TOAST, MUFFINS, &c.

By long *exposure to the fire*, become more unwholesome than they otherwise would be; as, by that means, the *butter*, instead of partaking of the nature of a bland, soft, nutritious food, becomes highly pernicious, and indigestible, producing acidity, &c.—Indeed, in this way, buttered toast, muffins, &c. may be said to be *saturated with a rancid heart-burning oil*.

BUTTER MILK,

Is nourishing, cooling, and diluent, but not *without acidity*. Nutmegs and allspices correct it.

OF SYLLABUBS AND TRIFLES.

Syllabubs and trifles, being composed of the *curds and whey* of milk, with a mixture of wine, &c. are apt to ferment and disagree, especially with weak or sour stomachs.

CUSTARDS,

Being made of milk, boiled with eggs, &c. are, generally speaking, too heavy for invalids ; but with convalescents and others, where they will agree with the stomach, they are, from their nature, nutritious.

OF OIL.

Oil, when used as a seasoning to *raw* vegetables, checks their fermentation in the stomach, and thereby prevents them from proving *too flatulent*: used in this manner, in *small quantities*, it proves a help to digestion ; but when taken in *considerable* quantities, it has an *opposite effect*, and lays the foundation for bilious complaints ; and, in weak stomachs, it is apt to turn rancid, to occasion heart-burn, eructations, &c. particularly to those whose stomachs abound with *acid*.

SALT.

Common, or sea salt, is the name of that salt which is used in small quantities, as a condiment, and in greater quantities for preserving provisions, &c. &c.

Common salt, by its *stimulating* action on the throat, gullet, and stomach, promotes, at once, the secretion of the saliva, and the gastric juice, and thereby facilitates digestion. It also appears, when taken in small quantity, to increase the solubility of most foods; but, when taken *too plentifully*, it renders the food *hard*, and difficult of solution.

Salted meats and fish are unwholesome, when made a *constant article of diet*; although it is a well-known fact, that many valetudinarians, who cannot bear a piece of veal, lamb, or chicken, have *easily* digested a *slice of ham*, or dried *beef*.

Salt possesses antiseptic, diuretic, and resolvent qualities.

In large doses, as half an ounce, it proves cathartic, and not unfrequently *emetic* ; as is well known by those who frequently take it, dissolved in warm water, after a debauch, or an excess in drinking.

Dr. Rush, of Philadelphia, has written a treatise on salt, &c. in which he strongly recommends it *for worms*, taken in the morning fasting.

SUGAR.

It is supposed that the *sugar cane* was exported *originally* from the *East Indies*, and was found there in the year before Christ, 325.

Sugar affords the *greatest quantity* of nourishment, in a *given quantity* of matter, of any *substance in nature*.

Sugar is antiseptic, nutritious, and laxative; and is considered as promoting the *solution of fat* in the stomach; but as it is very fermentable, it is apt, in many constitutions, to produce flatulencies, heat, and thirst. Its *unlimited use* seems to be one cause of the increased and increasing frequency of bilious and hypochondriacal disorders.

Rickety children, hysterical women, and all who are troubled with *acidity* of the stomach and bowels, should *abstain* from it.

Those who are anxious to preserve their *teeth white* and sound, should not make free with it. To these observations, however, there are some constitutions which furnish exceptions.

Thus, we are told, that one of the Dukes of Beaufort, took, for the space of forty years, nearly a *pound of sugar* every day; yet it

neither disordered his stomach or bowels, nor injured his teeth, and he lived to attain the age of seventy years.

Sugar preserves both animal and vegetable substances from putrefaction; and appears to possess this power even in a *higher degree* than even *salt*, from the *acid* which it contains.

But Dr. Stark asserts, that he found, after living on it for some time, that his *gums swelled* like those of a *scorbutic person*.

The most impure brown, or coarse sugar, is the most laxative.

TREACLE.

Molasses, or spume of sugar, moderately used, is wholesome; but, if long continued, is apt to foul the blood, and produce eruptions of the skin.

HONEY,

Is originally a *juice digested in plants*, which *sweats* through their *pores*, and chiefly in their flowers, or is contained in reservoirs in which nature stores it. The *bees* sometimes *penetrate into these stores*, and, at other times, find the liquor exuded.

Honey, as it consists of *acid and sugar*, is very apt to *occasion heart-burn*, and to *disagree with weak stomachs*.

In some *particular* constitutions, as the *bilious*, it has an inconvenience of *violently griping*, frequently proving *emetic* and *purgative*; but in those of *opposite habits*, it agrees well, and forms a *pleasant and nutritious meal*.

VINEGAR,

In small quantities, is a grateful and salutary *stimulus* to the stomach, correcting

the *putrescency* of *animal* food, and the *flatulency* of *vegetable*. Its use is *improper* in many valetudinary cases, especially for those who have the gout, or stone; in consumption, for rickety patients, and young children. *Drinking large quantities* of vinegar, which is too often practised by those who wish to *grow thin*, is very unwholesome, as it *hurts* the digestive faculties, and brings on complaints, in consequence, which are not easily removed, particularly in the fair sex.

In general, *acids* are more prejudicial in cold, pale, phlegmatic habits, where the vessels are lax, the circulation languid, bile deficient, and the powers of digestion weak. In these cases, an *acid* is often generated in the stomach from *milk*, and most vegetable food, which, whilst it continues in the *first passages*, occasions some *uneasiness* about the stomach, flatulencies, and sometimes griping pains of the bowels, and vomitings. Vinegar, when in a perfect state, or nearly so, is *safer* to use as

a condiment, and will frequently agree better with the stomach than any of the recent juices, (as lemons, &c.) as having already gone through the *vinous fermentation*.

Vinegar, in general, is too little used ; but we should take care that it be *good*. *Bad vinegar* is made from every thing that is pernicious. The best and most palatable is that made from *white wines*, raisins, and sugar.

Those who are subject to cholic, costiveness, and complaints of the bowels, should *abstain* from the use of vinegar, and all *vegetable acids*.

Dr. Cullen observes, that from its *refrigerant powers* in the *stomach*, vinegar becomes a *sudorific*.

PICKLES,

May be considered as merely receptacles

for vinegar, except in as far as the *vegetables* of which they are composed, are in their nature warm and aromatic, as the onion, &c. but eaten in *immoderate quantities*, pickles are unwholesome, and *hard* of digestion.

OF SPICES:

NUTMEGS, CLOVES, MACE, AND ALLSPICE.

Mace and nutmegs are less heating than cloves. Spices are deservedly looked upon as warm agreeable aromatics. In moderate degree, they are wholesome, as they stimulate the stomach, and take off the spasm arising from the flatulency of our food, and *moderate* its *putrid* tendency in the bowels.

Observe, that *all aromatics* are *injurious* in hot bilious constitutions; but in those of cold phlegmatic habits, they are found to be very wholesome, as they raise the pulse, and quicken the circulation.

FRICASSEES,

Which are usually made by cutting chickens, or other small things, in pieces, and dressing them with *cream* and *butter*, should never be eaten by those who are bilious, or who have weak stomachs, as they are apt to produce acidities, sickness, and indigestion; especially if *wine* be taken with them.

RAGOUTS.

Ragouts are a term used for *any high-seasoned dish*, prepared of flesh, fish, greens, or the like, by stewing them with bacon, salt, pepper, cloves, &c. We have ragouts of celery, endive, asparagus, giblets, craw fish, &c. Ragouts are pleasant and delicious to the palate, *but unwholesome in the extreme*, for a weak stomach.

VERMICELLI,

Is a composition of yolks of eggs, sugar, flour, cheese, and saffron, reduced to a paste, and formed into long slender pieces, like worms, by forcing it with a piston through a number of little holes.

It was first brought from Italy; and is chiefly used in *soups and pottages*.

The *soup of vermicelli* is too rich for *weak stomachs*.

PEPPER,

Is one of the most heating *aromatics*, yet its peculiar warming and stomachic virtues make it an excellent spice, and proper to be used with fat, tough, and smoked meat, with flatulent vegetables, with cucumbers and melons, as well as with *fish*, and other *substances difficult of digestion*. Those who

are subject to complaints of *the kidneys*, would do well to *avoid* this *heating spice*.

WHITE PEPPER,

Is the same fruit as the black pepper, with the *bark taken off*, and possesses the same qualities. A few grains of it *swallowed whole*, are recommended as a remedy in debility of the digestive organs, and not without success.

LONG PEPPER,

Is *extremely pungent*, and has a kind of saltish taste. It is employed chiefly in medicine.

It is remarkable, that out of the fifty-two species of pepper, twenty-one species are natives of Jamaica.

CAYENNE PEPPER.

Besides its being an agreeable condiment, has been given, with manifest advantage, as a medicine, in gouty affections of the stomach, &c.

CINNAMON.

In this country we have more *cassia* than real cinnamon, and the one is often used as a *substitute* for the *other*. Cinnamon, by its astringent quality, corroborates the stomach and bowels, and proves of great service where *gentle astringents* are indicated.

CARRAWAYS.

The seeds are used in cakes, and are distilled, with spirituous liquors, for the sake of the flavour they afford. Incrusted with sugar, they are called *carraway-comfits*.

Carraway-seeds infused in *boiling water*,

frequently give great relief in pains arising from wind, or spasms in the stomach and bowels. Their virtues are *carminative*.

GINGER,

Is the least *acrimonious* of all the *foreign* spices. It may be taken in considerable quantities, either with the food or as a medicine. It is an excellent stimulant, peculiarly suited to the constitutions of those whose stomachs are subject to flatulency, and other disorders, marked by *want of energy in the organs* of digestion.

A small wine glass of the *strong infusion*, taken warm three or four times a day, has afforded great relief in many cases of *gouty* affections of the stomach. A few grains of the powder put into our tea, at breakfast, has very frequently been attended with the most beneficial effects.

The *tincture of ginger*, as being more conveniently mixed with our tea, or any other vehicle, is also very frequently used to advantage.

OF MUSTARD.

Mustard is possessed of a considerable acrid *stimulus*, without the heating and inflammatory properties of the southern spices; on which account it is found a powerful *anticorbutic*.

I am inclined to think that our use of it, with some meats, which are of a *strong taste*, and which run *quickly* into putrefaction, as pork, goose, &c. is not merely the effect of custom, but in a great degree dictated by nature.

Its use in *food* is extremely ancient, and was held in high estimation for expelling flatulence and promoting digestion.

Upon the whole, wherever we want a *strong stimulus* that acts upon the nervous system without exciting much heat, we know none *preferable to mustard*, either internally or externally.

OF FRUITS.

Common experience shews the moderate, and, in some cases, even liberal use of fruits, is, at least, innocent and useful. Those accompanied with a manifest *acid*, as in the juices of the most sweet fruits, are *purging*, if taken *immoderately*.

Fresh fruit is generally laxative, but this is frequently owing to its *fermenting* in the stomach. This quality may be obviated, in a great degree, by taking something warm or spicy with it.

Baked, roasted, boiled, or dried fruits, are more wholesome than *fresh*. Eating a

great quantity of fruit directly after dinner, (as has been before observed,) is hurtful, inasmuch as it loads the already-satisfied stomach, and generates fermentation, flatulence and indigestion. The more *compact* the *texture* of fruits, the longer they remain upon the stomach.

The *best time* to eat *fruit* is in the *forenoon*, as the stomach is then in the best state to receive it. *Swallowing* the *stones* of any fruit is very *hurtful*, as they can never be digested ; as to its being a wholesome custom, it is a mistaken idea, and has often been productive of the most *serious consequences*, and even death itself.

PEACHES, NECTARINES, AND CHERRIES,

As being liable to *fermentation*, are cold and viscid ; consequently, apt to produce inconveniences upon weak stomachs and bowels, if eaten too liberally. In moderation,

they are salutary. The *kernels* are a wholesome bitter ; infused in brandy, and sweetened with lump sugar, they form a pleasant dram or cordial.

OF PLUMS.

Plums should be eaten with moderation, as excess would occasion colics, &c. There are various sorts of them to be met with in our gardens. They are nourishing, cooling, and laxative.

PRUNES, OR DRIED PLUMS,

Are of peculiar service to costive habits.

APRICOTS,

Are a more sweet, rich, and less hurtful fruit than either plums or cherries ; they are cooling, and not unfit for bilious individuals. The kernels are a *wholesome bitter*.

GOOSEBERRIES,

Are grateful, cooling, and wholesome, if eaten in moderation; when *green*, they are *acid* and *astringent*; when *ripe*, inclining to viscosity; hence they are apt to *surfeit in large quantities*. The *skins* should *not be* swallowed with the juice.

CURRANTS,

Are not unwholesome, unless eaten in too large quantities. They are cooling and opening, and may be used to considerable advantage to allay thirst in fevers and bilious complaints, and to correct a putrid state of the fluids, especially in sanguine habits; but, in constitutions of a *contrary kind*, they are apt to occasion flatulency and indigestion. *Sugar* corrects them, and makes them more wholesome than they are without it.

BLACK CURRANTS,

Are peculiarly useful in sore throats, when made into a jelly. They possess a diuretic power in a considerable degree, when liberally eaten.

FIGS,

Abound with saccharine matter, and are very nutritive. They are, when *completely ripe*, soft, succulent, and easily digested, unless eaten in immoderate quantities, when they are apt to occasion flatulency, &c.

The *dried* figs, which are sold in our shops, are more *wholesome* and nutritive.

GRAPES,

Are esteemed amongst the *wholesome* fruits; but, *with many*, they prove laxative and flatulent, unless eaten with caution.

PEARS.

Pears are heavier than *water*, and *apples* are *lighter*, and *swim* on the surface; hence it is said, *pears* are more *easy* of digestion, as they sink to the bottom of the stomach. But, probably, their *difference* of *digestibility* upon the stomach is more *imaginary* than *real*. Doubtless, *pears* have more *sweetness* than apples, and are more nourishing. The juice of the fruit of pears, *fermented*, is called perry: that of apples, cyder.

The *hard winter* pears are difficult of digestion.

APPLES.

All the sorts of apples have the common quality of cooling and abating thirst; the more *acid kinds* loosen the body, the *austere* have a contrary effect. *Apples*, either *roasted* or *boiled*, are more *wholesome* than when

they are eaten in their *raw state*, as being more easy of digestion.

QUINCES,

Have a very austere acrid taste : taken in small quantity, they are *astringent* ; but when taken more liberally, they prove *aperient*.—Boiled up with *sugar*, they are not unwholesome.

THE MEDLAR,

Is somewhat austere, and binds the bowels ; especially before they are ripe.

SLOES.

These have a very rough austere taste, especially before they have been *mellowed* by *frosts*. They should be eaten with very great caution, as they are very *powerfully astringent*.

MULBERRIES,

Have the common qualities of other sweet fruits—abating heat, quenching thirst, and promoting the grosser secretions. Their moderate use is very wholesome.

THE RASPBERRY.

The fruit of this plant is extremely grateful; but made into a *sweet-meat*, with *sugar*, or fermented with wine, the flavour is improved; it is fragrant, subacid, and cooling. The *white berries* are sweeter than the *red*.

STRAWBERRIES,

Eaten either with sugar, or with milk, or alone, are universally esteemed a most delicious fruit. They are grateful, cooling, subacid, juicy, and have a delightful smell; taken even in large quantities, they seldom disagree with the stomach.

People afflicted with the *gout* or stone, have found great relief from using them largely. The most wholesome, as being the most simple way, is to eat them by themselves.

RAISINS.

The principal use of these is an agreeable sweet; they impart a very pleasant flavour both to watery and spirituous *menstrua*. They are not so laxative as currants, but more so than figs.

ORANGES,

Are very wholesome, antiscorbutic, allay heat, and abate thirst; at the same time promoting the salutary secretions. The outer yellow rind of the fruit is a grateful aromatic bitter, an excellent stomachic and carminative, promotes appetite, and assists digestion.—A small wine glass of a *light infusion of the Seville orange peel*, added to our gin and

water, &c. with a little sugar, gives it an agreeable flavour, and makes it much more wholesome, by promoting the digestion of our food.

Orange-peel appears to be considerably *warmer* than that of lemons, and to abound more with essential oil.

Both oranges and lemons are gathered *green*. The *sea air*, and their being *shut up* close, give them that golden colour which we so much admire.

LEMONS.

The juice is similar in quality to that of oranges, from which it differs little, otherwise than as being *more acid*. It is one of the strongest vegetable acids. The *yellow peel* is an elegant aromatic; it is considerably *less hot* than *orange peel*.

As a condiment, or sauce, it does not appear to be so wholesome as vinegar ; owing, probably, to its *not* having gone through the *vinous* fermentation.

Eating many *lemons*, which is frequently done by those who wish to *grow thin*, is a very pernicious custom, and often brings on diseases of the stomach and digestive organs. Lemons are cooling : hence they are frequently used as a beverage in fevers, with the addition of water, or any other grateful liquor, sweetened to the palate.

THE PINE APPLE,

Grows wild in many parts of Asia, and in the southern parts of North America ; and in the island of Java, is found great abundance of that delicious fruit. It grows, too, in several parts of the West India islands ; but, in point of *flavour*, it is observed, that it is not equal to those raised in the hot-houses in England.

It is the most grateful of all the tropical fruits. Eaten in moderation, the pine apple is *cooling* and *wholesome*.

THE POMEGRANATE,

Grows wild in Italy, and other countries in the south of Europe; it is some times met with in our gardens; but the *fruit*, for which it is *chiefly* valued, rarely comes to *such* perfection as in *warmer* climates. This fruit has the general qualities of the other summer fruits—allaying heat, quenching thirst, and gently opening the bowels.

THE TAMARIND,

Is grown in Egypt, the East and West Indies. It is more used in medicine than as a dessert after dinner. It is gently laxative, and, by its acidity, quenches thirst and allays heat. By pouring boiling water upon the tamarind, it forms a very grateful and wholesome beverage in fevers.

CITRON,

Is an ever-green tree, or shrub, of the same genus with the orange or lemon, and is cultivated in the southern parts of Europe. Citrons are of the same genus with lemons, except that their juice is somewhat less acrid.

CUCUMBERS,

As being acescent, are very apt to produce flatulency, and are hard of digestion. *Pepper* and *salt* should always be eaten with them, to check fermentation, with vinegar.

They are most wholesome when eaten with their *skin or peel*, in their early state; as the aroma, or *aromatic part*, residing in the *peel*, Dr. Cullen observes, may supply, in some measure, the place of aromatics, as a corrector. After all, cucumbers are unwholesome in any way, and require active powers of the stomach to digest them.

I have known them to have been thrown off the stomach *perfectly undigested*, after having been *eaten several* days.

MELONS,

Are *more wholesome* than *cucumbers*, as being of a more tender texture ; and containing a portion of *sugar*, are more easily digested ; but still they are cold, viscid, and far from wholesome.

For those whose stomachs are *weak*, the most wholesome way of eating them is with *pepper, salt, &c.* to warm them, together with a little *brandy* and water after them, or a glass or two of *generous wine*.

CELERY,

In a raw state, is digested with some difficulty. Boiling makes it more wholesome. In summer it is a cooling and grateful vegetable to those who like the flavour of it.

ENDIVE,

Is a gentle cooler, and aperient.

LETTUCE,

Are most wholesome eaten with a little vinegar, and a *small* portion of oil, mustard, &c. to check their fermentation. But in this point, authors differ, as they are supposed by *many* to be most *wholesome* in their natural state, eaten with a little *vinegar only*. They are esteemed to be slightly narcotic, cooling, and opening.

SPINACH,

Is light and wholesome.

BEET.

The root of this plant is frequently eaten, particularly by the French. Beet may be considered as nutritious, antiscorbutic, and

aperient. It occasionally forms an elegant *pickle*, with *vinegar*. Mr. Achard, of Berlin, has discovered that sugar may be extracted from it, in large quantities, with profit. It is now cultivated in many parts of France, for that purpose.

SORREL,

Is cooling, *quenches thirst*, and promotes urine: is likewise opening, and good for the scurvy. Those who are troubled with acid in the mouth, should not eat it.

CABBAGES,

Are supposed to be hard of digestion, to afford little nourishment, and to produce flatulencies; though, probably, on no good foundation. Much may be said, perhaps, upon the manner of cooking them, as *boiling them well*, &c.

All cabbages are most wholesome when in their young and tender state, as being less flatulent, &c.

The *stalk*, as being of the *firmest texture*, is the most unwholesome part, and hardest of digestion.

The *inner part*, or the *heart* of the cabbage, is *less windy* than the *outer leaves*. With cold flatulent stomachs, pepper and salt are highly necessary to be eaten with all vegetables, especially of the cabbage-kind.

As a *pickle*, red cabbage forms one of the most useful and agreeable, but is *not easy* of digestion.

THE CAULIFLOWER,

As being of a softer texture, is far more easy of digestion than any of the cabbage-kind,

if well boiled.—Observe, all vegetables are wholesomest, if eaten when fresh gathered.

TURNIPS,

Are salubrious food, but liable, in weak stomachs, to produce flatulencies. They are said to be *watery*, when boiled, and should be eaten with pepper and salt, to promote their digestion.

Lord Townshend, Secretary to Charles I. was the first person that introduced the use of turnips into this country. He is reported to have brought the seed from Hanover, and to have cultivated the turnip at the family seat, in Norfolk. The Swedish turnip, if well boiled, is the most wholesome, as being the *least watery*.

CARROTS.

The *boiled root* is said, by many, to be difficult of digestion: but this appears to be

the case only where it has not been *sufficiently boiled*, or the stomach has been previously weak. They should always be eaten with *pepper* and *salt*. The *carrot* contains a considerable quantity of the saccharine principle, and is very nutritious.

MINT.

The virtues of mint, are those of a warm *stomachic* and *carminative*.

The distilled waters are given to stop retching, and frequently with success.

Peppermint-water is well known as a remedy for colicky pains, spasms, and wind.

MARJORAM, THYME, AND SAGE,

Are chiefly used for the purposes of the kitchen. They are moderately warm aromatics.

PARSLEY,

Is *not wholesome*, eaten in *large quantities*: in *small ones*, it is agreeable, and *can do no harm*. The seeds are occasionally used as a carminative.

RADISHES,

Are most wholesome, and easy of digestion, when *scraped*, especially for weak stomachs. They are *diuretic*.

ASPARAGUS AND ARTICHOKEs,

Are nourishing, as being little acescent, not flatulent, but diuretic and cleansing.—The asparagus most so. They are *easy of digestion*, when properly boiled, but should be eaten with pepper and salt.

THE JERUSALEM ARTICHOKE,

Is a root of the species of sun-flower, of the perennial kind, and propagated in some gardens for the use of the kitchen. It is a very agreeable root; but, being watery and windy, it requires plenty of pepper to be used with it. In cold flatulent stomachs, it is highly improper.

PARSNIPS,

Are much used by those who abstain from animal food in Lent. They are highly nutritious, but flatulent.

In the north of Ireland, they are brewed instead of malt, with hops, and fermented with yeast; the liquor thus obtained is agreeable.

Parsnips are more nourishing, and less flatulent than carrots.

HORSERADISH,

As a sauce to our meat, is a wholesome warm root; it is diuretic, and good for the scurvy. In cold weak stomachs, it is particularly recommended.

GARLIC,

Is a native of Sicily; but as it is much used for culinary purposes, it is cultivated in our gardens. It is rather acrid and heating, but good in cold and flatulent habits.

In hot bilious constitutions, where there is already a degree of irritation, this stimulating vegetable is improper.

Some have recommended it in certain cases of deafness, by the introduction of a single clove, wrapt in thin muslin or gauze, into the ear.

LEEEKS,

Partake of the qualities of garlic ; are rather acrid, and heating ; but, in cold constitutions, moderately used, they are harmless, even beneficial, and often prove *diuretic*.

ONIONS,

Are supposed to afford *little nourishment*, and, *when eaten liberally*, in their *raw* state, produce flatulencies, occasion thirst, headaches, and troublesome dreams ; but in cold phlegmatic habits, they, doubtless, have their use ; as, by their stimulating quality, they tend to excite appetite, attenuate thick juices, and promote their expulsion. They are very proper diet for dropsical people.

GARDEN CRESSES,

Make an useful salad in *scorbutic* habits.

WATER CRESSES,

Are an excellent antiscorbutic, stomachic, and a general purifier of the blood.

POTATOES.

It is generally thought that *potatoes* came *originally* from *North America*, where they were reckoned *not good* for food. They were *first* introduced into *Ireland*, in 1565. It was in the year 1525, before they were *much cultivated* in *London*; and in Sweden, in 1764. They are an extremely *nutritious* and *wholesome vegetable*, and are become an *useful* and almost *necessary nutriment*. We know that many of the *Irish*, with only *milk* and *potatoes* for their *food*, perfectly exercise all the functions both of body and mind. The mealy potatoe is the most wholesome. *Steaming* them is preferable to boiling them in water, as they are less flatulent.

BEANS.

Bean-flour, called by the Romans, *lo-mentum*, or bean meal, was in repute among the *ancient* ladies as a cosmetic, wherewith to smooth the skin, and take away wrinkles.

A *water*, distilled from the flowers, has been celebrated as a cosmetic among many females of the present day.

As a *food*, *beans* are *flatulent*, and unless *well boiled*, *hard of digestion*. They should always be well *seasoned* with *pepper and salt*.

PEASE,

Are of a more soluble texture than beans, consequently less flatulent, and more easy of digestion. As they advance in growth, they become less wholesome. They are less flatulent when steamed, than when they are boiled.

PEASE SOUP,

Whether made from *green* or *other* *pease*, is too flatulent for weak stomachs; it *seldom* sits easy, the *frequent* effects of *soups and broths*. If *beer* be drank *directly* *after it*, it becomes *more unwholesome*; as, by producing *active fermentation*, it increases the *inconvenience* of *flatulence*, *fullness*, *heart-burn*, and *distension* of the stomach and bowels. *Wine* sometimes will produce the same effect, if *drank directly* after soup; but, to those whose *stomachs* can *digest* it, soup affords a comfortable repast, especially in the cold season of the year. If, from *any cause* whatever, *soup* should *lie heavy*, or sit *uneasy* upon the stomach, nothing tends to *relieve* so much as *a tumbler of very warm water*; it acts very powerfully upon the stomach, in promoting digestion, &c.

PEASE PUDDING,

Is very improper for weak and windy

stomachs, and requires to be corrected by a great deal of pepper.

FRENCH BEANS,

In their young state, are tender, light, and wholesome.

MUSHROOMS, TRUFFLES, AND MORELS,

Are in general esteemed unwholesome, stimulating, and hard of digestion, upon weak stomachs ; taken in moderation they seldom prove injurious, and, upon *strong stomachs*, are *nutritious*. Eaten in large *quantities*, they sometimes disagree very much, and are oftentimes dangerous. *Broiled* with *butter*, &c. they are particularly unwholesome.— They should be eaten with vinegar.

TO TRY THE QUALITY OF MUSHROOMS,

Take an onion, and *strip* the *outer* skin, and boil it with your mushrooms ; if the

onion becomes *blue or black*, there are certainly dangerous ones amongst them ; if it remains *white*, they are *good*.

CATSUP, OR KETCHUP,

As being a combination of mushroom-juice and salt, is improper for weak stomachs, and very apt to produce thirst.

SHALOTS,

Possess qualities in common with onions, together with more pungency.

BALM.

Its chief *use* is as a *drink* in fevers, acidulated with *juice* of lemons. Balm is classed under the *weaker corroborants*, and as such, is often drank in the form of tea, for breakfast, in *the summer time*.

BORAGE.

An exhilarating virtue has been ascribed to the flowers of borage ; but they appear to have *very little claim* to it.

SAGE.

There are two sorts, *green* and *red*. Both sorts are moderately *warm aromatics*. Sage has been formerly held in much higher esteem than it is at present ; it is wholesome, and said to be a sweetener of the blood.

It is also employed as a refreshing drink in fevers, and has been recommended as a strengthener to the nervous system.

RUE.

The virtues of *rue* are to promote perspiration ; it is also said to be very useful in nervous complaints.

SALEP,

Is the dried root of a species of orchis. It is a *celebrated restorative* among the *Turks*, and recommended in consumptions, in disorders of the bowels, &c. proceeding from acrimony of the juices. It is cooling and nutritive.

RICE.

The properties of rice, as food, and as a substitute for bread, are very generally known. It is chiefly brought from Carolina. The *spirituous* liquor, called *arrack*, is made from this grain. Rice is said, unjustly, to produce *blindness*. The weak eyes in India are, undoubtedly, from other causes. The Indians eat stewed rice, with good success, against laxity and weakness of the bowels; and, in most inflammatory complaints, they cure themselves with only a decoction of it. Whole

nations in the East almost subsist upon it. It is a nutritious *wholesome* food, and is much improved by eating spices with it, as it is, with some delicate constitutions, attended with a degree of flatulency. Rice makes a very nice and wholesome jelly for invalids.

SAGO,

Is the pith of a certain *Oriental tree*, which is broken down into *fine meal*, and dried in the sun.

The *medullary part* of the tree is beaten with water, and made into cakes, which are used by the *Indians* as bread; these reduced into granules, and dried, are the sago brought to us. It is moderately nutritious, though, perhaps, not superior to our own grain.— Being light, it is wholesome, and proper for weak stomachs, the consumptive, and the convalescent.

The *patent sago*, when genuine, has the preference, as being freed from the impurities which it acquires in its voyage, viz. dust, mould, and sea-water.

TAPIOCA,

Is the juice of that invaluable root, the mandioc, which form the *farinha*, or bread of South America.

The juice of the root is drained from the raspings, it is then dried in shallow pans over a slow fire, till all the moisture is evaporated, when it appears a granulated substance, and is ready for use.

Tapioca is nutritious, light, and wholesome for weak stomachs.

ARROW-ROOT,

Is a native of the warmer parts of

America; if *genuine*, it is nourishing, and proper for weakly people, as invalids and convalescents.

It appears to afford a larger proportion of nutritive mucilage than any *vegetable hitherto discovered*.

OATMEAL,

Is the *oat*, hulled, or deprived of its husk, and is, unquestionably, a very nutritious article, and more easy of digestion than the flour of *wheat*, or any farina this country produces; being less glutinous than flour, tapioca, or sago, it sits more pleasantly upon the stomach.

The gruels made from it have a kind of soft mucilaginous quality, by which they obtund acrimonious humours, and prove useful in inflammatory disorders, coughs, hoarseness, sore throats, &c.

OLIVES,

Are grown in the *southern* parts of *France*, in Spain, Italy, and *other warm* countries.

Olives have an acrid, bitter, extremely disagreeable taste. Pickled, as we receive them from abroad, they prove less disagreeable, and are with many esteemed as a great dainty.

The *Lucca olives*, which are smaller than the others, have the *weakest* taste. The *Spanish*, or larger, the strongest.

The *provençe*, which are of a middling size, are generally the most esteemed. On account of the abundance of *oil* which they contain, they are *unfit* for *delicate* stomachs, and are pernicious, when eaten after a heavy dinner.

CAPERS.

The caper-bud grows upon a low prickly bush, wild, *in Italy*, and other countries. It is the buds, pickled with vinegar, which are used at our tables. The nasturtium, pickled in the same way, forms a good substitute, and is much more wholesome, as being more *warm and aromatic*. Eating very large quantities of pickles, is very unwholesome; if *not* well guarded with *spices*, they are apt to produce flatulence, indigestion, and cholics. In weak stomachs and bowels, they should be totally prohibited. Capers are supposed to excite appetite, and promote digestion: their taste and virtues depend more upon the saline matter introduced into them, than on the caper-buds.

ALMONDS,

Are most *wholesome without* their *skins* or *husks*. In medicine, they are frequently useful.

When eaten in our ordinary way, Dr. Cullen does not allow them to be at all wholesome, on account of the *oil* which they contain. They are improper for bilious people. *Bitter almonds* are esteemed most unwholesome. They have been found even poisonous to dogs, and sundry other animals. A *water*, distilled from them, has had the same effects.

Macaroons, cheese-cakes, and all pastry, where *almonds* are introduced, are unwholesome. The *least injurious* way of eating them, is by combining them with a due proportion of raisins.

NUTS, WALNUTS, AND CHESTNUTS,

Partake of nearly the same qualities as almonds; but they are not so hurtful as is generally imagined, if well chewed, and eaten with a *little salt*.

It is their being eaten *directly after meals*,

upon a full stomach, which makes them more unwholesome than they would be if eaten at any other time. Hence, when taken upon a *full meal*, they frequently pass through *undigested*.

The only difficulty in the digestibility of *nuts*, &c. is the *intimate union* of the *oil* and *mucilage*, which prevents their solution, unless comminuted or bruised. Those whose teeth and patience admit of their *complete mastication*, find no difficulty in their digestion; but they are not proper for bilious constitutions.

The following is the order in which they should be arranged, with respect to the *quantity of oil* they contain, viz. the filbert, chestnut, walnut, pistachio nut, common almond, cocoa nut, and bread fruit.

Those who cannot give up the pleasure of eating nuts, walnuts, &c. but whose teeth

are worn out in the service, would do well to have them well bruised in a mortar. They would then be more wholesome, more easily digested, and pass more readily off the stomach. It is *not* an *unusual practice* with elderly people, and they find great pleasure and enjoyment in it.

TEA.

The *dried* leaves of the tea *plant*, a commodity with which we are so well acquainted, which affords a beverage so generally used, and so generally agreeable, and which forms so considerable an article of commerce, must excite *curiosity* to know *something* of its *history*, and of the *nature* of the *plant* from which it is *obtained*.

The *tea plant* is a native of *Japan*, *China*, and *Tonquin*, and has *not*, as far as we can learn, been *found* growing *spontaneously* in any other parts of the world.

In Japan, it is planted round the *borders of fields*, without regard to the *soil*; but it is an *important* article of *commerce* with the *Chinese*; *whole fields* are covered with it; it is by them cultivated with assiduous attention.

The *tea* which grows in a *rocky soil*, is superior to that which grows in a *light soil*; and the *worst kind* is that which grows in a *clay soil*. It is propagated by *seeds*; from *six* to *twelve* are put into a *hole*, about *five inches* deep, at certain distances from each other. The *reason* why so *many seeds* are sown in the same hole, is said to be, that only a *fifth part* vegetate. Being thus sown, they grow without *any other care*; some, however, *manure the land*, and remove the *weeds*; for the *Chinese* are as fond of *good tea*, and take as much pains to procure it of an *excellent quality*, as the *Europeans* do to procure *excellent wine*.—It is sold in *China* for 20d. or 2s. per pound.

When *tea leaves* have been collected, they are exposed to the *steam of boiling water*; after which they are put upon *plates of copper*, and held over the *fire* till they become *dry and shrivelled*, and appear such as we have them in Europe.

The *Chinese* drink their *tea* without any mixture, and even *without sugar*.

The *first European* who mentions tea, was an *Italian author* * who published a treatise about the year 1590.

Tea was introduced into Europe in the year 1610, by the Dutch East India Company.

In 1666, it was sold in London for 60s. per pound, though it did not cost more than 2s. 6d. or 3s. 6d. at Batavia. It continued at this price till 1707.

* Botero.

In 1715, green tea began to be used ; and, as great quantities were then imported, the price was lessened, and the practice of drinking tea descended to the lower ranks.

In 1720, the *French* began to send it to us, by a *clandestine commerce*. Since that period, the *demand* has been *increasing greatly*, and it has become almost a necessary of life in several parts of Europe, and amongst the *lowest* as well as the *highest ranks*.—Many attempts have been made to introduce this valuable plant *into Europe* ; but, for want of *proper precautions*, most of those attempts have *miscarried*. The *finest tea* plant known in *England*, was raised in *Kew gardens*.

The demand for tea is become so *great*, that the *Chinese* find it *necessary*, or even *profitable*, to *adulterate* it. If this delicious commodity is *adulterated in China*, can we flatter ourselves that *none comes to us but what is pure and unmixed*?

In this country, teas are generally divided into *three kinds of green*, and *five of bohea*. The former are—

1st. *Imperial*, or bloom tea.

2nd. *Hyson*, so called from the name of the merchant who first imported it.

3rd. *Singlo tea*, from the name of the place where it is cultivated.

The boheas are—

1st. *Souchong*.

2nd. *Cambo*, so called from the place where it is made.

3rd. *Congo*.

4th. *Pekoe tea*.

5th. *Common bohea*.

There are other varieties, particularly a kind of *green tea*, called *gunpowder tea*.

The *several sorts* of tea met with among

us, are the *leaves* of the *same tea-tree*, collected at *different* times, and cured in a *somewhat* different manner: the *small*^{as} *young* leaves, very carefully dried, are the *finer green*: the *older* afford the *ordinary green* and bohea. The *two first* have a sensible flavour of *violets*; the other of *roses*. The *former* is the *natural odour* of the plant; the *latter* (as Newman observes) is *probably introduced by art*.

Some of the dealers in this commodity in Europe, are *not ignorant* that bohea tea is imitable by the *leaves of certain plants*, *artificially tinctured*, and *impregnated* with *rose flavour*. The taste of both sorts is *slightly bitter*, subastringent, and somewhat *aromatic*.

Dr. Cullen thinks, that the assisting digestion, relieving the stomach from a load of aliment, from crudities, and from the headaches arising from them, promoting urine, and, perhaps, perspiration, may all fairly be *attributed to the warm water*.

Those sorts of teas, commonly called by the name of *gunpowder*, and the *imperial*, or *high-flavoured green*, possess the remarkable effects of *preventing sleep* to many who drink them, which plainly show that they make some *peculiar impression* upon the *nervous system*; in consequence of which, they frequently produce *tremors, spasms of the stomach, &c.*

There are some apparent inconsistencies advanced by authors who have written on this subject; by *one*, we are told, that *green tea* is mildly *astringent*; by *another*, that it is *relaxing*; some say, that it *procures sleep*; others contend, that it as assuredly *prevents* it; but it certainly is injurious to many constitutions, consequently improper for general use.

Dr. Lettsom found that the *odorous water*, distilled from *green tea*, possessed *narcotic qualities*.

The natives of China, from their experience of these properties in *tea* which retains its *fragrance*, never use tea till it has been kept for *twelve months*.

The *bohea*, *souchong*, or black teas, are generally admitted to be *most wholesome*; to agree *best* with *weak stomachs*, and with *those of thin hectic habits*.

The generality of persons find themselves not apparently affected by the use of tea, if in *health*; it seems to them a grateful beverage, both fitting them for labour, and refreshing them after it. There are *instances* of persons who have drank it from *infancy* to *old age*, having led, at the same time, active if not laborious lives, and yet *never* felt any *ill-effects* from the constant use of it.

Where this has been the case, the subjects of both sexes were, for the most part, healthy, strong, active, and temperate.

Amongst the *less hardy and robust*, we find *complaints*, which are ascribed to *tea* by the parties themselves. Some complain that after a *tea-breakfast*, they find themselves rather *fluttered*; their *hands* less *steady* in writing, or any other employment that requires an exact command of spirits. This probably soon goes off, and they feel no other injury from it.

Others again bear it well in the *morning*; but, from drinking it in the *afternoon*, find themselves very *easily agitated*, and affected with a kind of involuntary trembling.

A modern author, in a work entitled "*Practical Œconomy*," asserts, that *palsies* have regularly *increased* with the *increased use of tea*.

But the noxious effects of *tea* are probably here over-rated; that it is a *narcotic*, in a certain degree, no one can doubt. But it is

not difficult to suppose that the *constitution* becomes so habituated to its action as to bear it without injury, when we consider how *little evil* arises from the use of a much stronger narcotic—tobacco.

Upon the whole, *tea* may be said to be a cooling, exhilarating, and refreshing beverage; and, except in some peculiarly delicate constitutions, not injurious.

But whenever *tea* of any kind, from any cause whatever, produces *unpleasant sensations*, it should immediately be desisted from, and some grateful beverage supply its place.

But it may be asked, what are they, who have been a long time accustomed to *tea*, to substitute in its place ?

The answer is, milk, milk-porridge, gruel, broth, cocoa, or the like, for *breakfast*. And

in the *afternoon*, milk and water, orgeat, or lemonade, in the *summer*; and *coffee* in the *winter*.*

ANOTHER RECIPE FOR A WHOLESOME BEVERAGE, IN LIEU OF TEA.

Take of the best patent cocoa and sago, reduced to a powder, of each equal quantities; blend them well together. Of this mixture, a table spoonfull to be put in a pint of milk, to which may be added one pint of boiling water. Boil the whole for a few minutes, frequently stirring it. Sugar may be added, in moderate proportions.

* The following receipt for a combination of herbs, stands highly recommended as a substitute for tea. The composition consists of agrimony, balm, tea sage, lemon thyme, hyssop, veronica, and rose leaves. An infusion of this composition in boiling water, with a little milk and sugar, is very pleasant to the palate, invigorates the stomach, and promotes healthy digestion. This composition may be obtained, under the name of British Herbs, at the Medical Hall, 171, Piccadilly, at the rate of 20d. per pound.

This affords a nutritious food for children as well as adults. The usual accompaniments of a *dejeunè* may be taken with it.

Tea, employed in a *medicinal* way, in some kinds of *sickness*, is often of use. Thus the *simple infusion*, without sugar or milk, is a good *diluent* and *sedative in fevers*: and as it promotes *perspiration*, &c. it is frequently drank to advantage in *colds*, *catarrhs*, rheumatisms, head-aches, &c. It is also useful in cases of *surfeit* and *indigestion*.

Many accustom themselves to mix *brandy*, or some other spirit with their tea; it is a very bad custom, and likely to become a general habit, if indulged in. It may occasionally be added as a medicine, if the disordered state of the stomach should require it; as pains, spasms, flatulence, &c. &c. But, perhaps, it is an observation not sufficiently attended to, that *tea seldom disagrees*, if taken with *solid* aliment; something, therefore, should always be eaten with it.

Drinking our *tea very hot*, is a very *per-
nicious* custom. It *relaxes* the *stomach*, and
induces a *general debility* of the *whole system*.
Hence, it is said to prove *injurious* to the
purity and *whiteness of the skin*, which
depend upon the state of the digestive or-
gans. Health and beauty demand the utmost
attention !

Upon the whole, *tea* is a most grateful
beverage. After study or fatigue, it is a most
refreshing and agreeable repast : it quenches
thirst, and cheers the spirits, without heating
the blood ; and the *pleasing society*, in which
we so often partake of it, is no inconsiderable
addition to its value : for, whatever affords
rational pleasure to the *mind*, will always
contribute to *bodily health*.

NOTE.—It is a singular circumstance, that
a *strong infusion* of green or *souchong tea*,
sweetened with sugar, is as effectual in *poison-
ing flies*, as the *solusion of arsenic*, which is
generally sold for that purpose.

COFFEE,

Which is now cultivated in the West Indies, came originally from Arabia. It has been familiar in Europe about 100 years : in Turkey, 170. There are eight species of the coffee tree.

The coffee which we use is the fruit of an Oriental shrub : there is a great variety of it sold in *this* country, but we cannot discover any difference in their products and qualities. But it is well-known, that *rye*, roasted with a few almonds, which furnish the necessary proportion of oil, is now frequently employed as a substitute for coffee.

The infusion of tea or coffee is grateful to the stomach in a *morning*, on account of being taken *warm* ; but this effect goes off as the heat diminishes, and the person becomes languid, if his digestion be not good, evidently for the want of a *stimulant*.

In *no meal* is a *stimulant* more necessary than that of *breakfast*. After a *night's rest*, the stomach is generally *relaxed*, and *few people* rise with an *appetite*. It is for the *want* of a stimulus, that so many *invalids*, and nervous subjects in particular, are so *languid and uncomfortable*, until they have *taken dinner* ; a *meal* in which they are apt to take too many *stimulants*—as *salt, pepper, wine, &c.*

Coffee frequently agrees better than tea, with those of lax fibres, and of cold phlegmatic constitutions. Being warm and aromatic, it has a tendency to strengthen the stomach, to promote digestion, and expel flatulency.

It is also said to *prevent* or remove a disposition to *sleepiness*.

After *drinking wine*, we should omit milk or cream in our coffee or tea, as their improper mixture would be generating fermentation,

produce acidities, flatulence, &c. upon weak stomachs.

Coffee is said to decrease corpulency. Taken simply by itself, it is said to take off *the effects of wine*.

The *medical effects* expected from coffee, are to assist digestion, promote the secretions, &c.

A *very strong infusion* has been frequently known to relieve in fits of the nervous asthma; and, in some cases, it is found highly useful in alleviating severe *head-aches, provided they originate from the stomach*. In the influenza, or spring complaint of 1803, the use of coffee, as the chief article of food, was found to be attended with the best effects; particularly in removing that *extreme debility*, which was the most *universal and remarkable symptom* of the disease.— Its *immoderate use is hurtful*.

Coffee should only be boiled a few minutes, as it loses its finer volatile parts by evaporation.

COCOA,

Is a mild nutritious fluid, and will frequently agree with tender and delicate constitutions, where either tea or coffee will not.—Cocoa, in fact, is only a weak chocolate. It should always be made thin and light, where the stomach is weak.

CHOCOLATE,

Is a kind of paste or cake, prepared of certain ingredients, the basis of which is *cocoa*. The *solution of chocolate* requires more *care* than is commonly imagined. It is proper to *break it down*, and *dissolve it thoroughly in cold water*, by *milling* it with the chocolate stick. If *heat* is applied, it should be done *slowly*; for if *suddenly*, the *heat* will not only *coagulate* it, but *separate the oil*; therefore, *much boiling*, after it is dissolved, is hurtful.

Chocolate is commonly required by people of weak stomachs, but often rejected for want of preparation. When properly prepared, it is easily dissolved, and an excellent food where a liquid nutrient vegetable one is required, and is less *flatulent* than any of the *farinacea*. Where it will agree, it is exceedingly nourishing and wholesome.

OF WINE.

The use of *wine* is of very antient date. We read that, in the *second age* of the world, as early as 2348 years before the birth of Christ, that “Noah began to be an husbandman, and he planted a vineyard, and drank of the wine.”

Wine, proving grateful to their forefathers, *vineyards* were sedulously cultivated by their descendants; and it so happens, that every *succeeding age*, and almost every *nation*, down to the *present* time, have evinced

a manifest partiality, and, perhaps, in some measure, a *natural* propensity for the *juice of the grape*.

Wine is an agreeable spirituous liquor, produced by fermentation, from those vegetable substances that contain *saccharine matter*. A very great number of vegetable substances may be made to afford wine, as grapes, currants, mulberries, elders, cherries, parsnips, carrots, apples, pulse, beans, pease, turnips, radishes, and even grass itself.

Hence, under the class of *wines*, or vinous liquors, come not only wines, absolutely so called, but also ale, cyder, &c.

Wine, however, is in a more particular manner, appropriated to the liquor drawn from the fruit of the vine.

Experience has proved, that *vinous* and spirituous liquors, on certain occasions, are no

less salutary and beneficial, whether it be to support strength, against sickness or bodily fatigue, or to exhilarate the mind under the pressure of misfortune; and, in a certain degree, by *strengthening our bodies*, to enable us to bear the common changes and chances of life.

Hence also, in some measure, arise the great comforts of society, and of that social intercourse which binds man to man by the sacred ties of friendship. He must be a stranger to the common feelings of nature, who does not think that a well-arranged table is a most pleasing occurrence, and a great triumph of civilized life. To those who are in health and spirits, the hour of *dinner* includes every thing of sensual and intellectual gratification.

Hence it may, with truth, be said, that a good dinner, eaten in moderation, forms one of our *greatest* pleasures; that *good*

society improves it; and that *good wine*, under due regulations, improves *both*.

But, alas! how often do we see, that what *nature* meant for *innocent* and useful *cordials*, to be used only occasionally, and according to the *direction of reason*, custom and caprice have, by degrees, been rendered *habitual* to the human frame, and *liable* to the most *enormous* and *destructive abuses*. Hence, it may be justly doubted, whether *gluttony* and *intemperance* have not depopulated the world *more than* even the *sword*, *pestilence*, and *famine*.

A *temperate use* of *wine* is certainly *conducive to health*. All the functions, both of *body* and *mind*, are *roused* and facilitated by it. It has a powerful effect upon the organs of digestion, upon the circulation, and upon the nervous system, &c.

Children should never take wine if they

are well; it is a practice highly pernicious, except in very small quantities. But it is better let alone altogether.

In a *dietetical point* of view, *wines* are to be considered as they are, either acid or sweet, soft or austere.

The *effects* of the *full-bodied wines* are much more *durable* than those of the *thinner*; and long experience tells us, that *new wines* are liable to a strong degree of *acescency*, when taken into the stomach, and thereby occasion much *flatulency* and eructations of *acid matter*, heart-burn, and sometimes violent pains of the stomach, from spasms, &c. The *acid matter*, by passing into the bowels, and mixing with the bile, &c. is apt to occasion cholics, &c.

It is an old observation, that *wine*, which provokes *urine soonest*, also *sooner intoxicates*; and that the *same quantity* of *wine*,

diluted, intoxicates *sooner* than the same quantity *without* that *dilution*, if you continue to drink freely, and sit long at table: at least, this is a common remark of drinkers.

The *reason* seems to be *this*—that the *wine*, by this means, is applied to a larger surface in the stomach, and its dilution causes a quicker absorption or diffusion over the system. But *rough wines*, thus *diluted*, *sooner intoxicate*; yet their effects are also *sooner over*,

Good generous *wine*, with *meals*, is very wholesome for weak stomachs, in *small quantities*, especially in warm weather, and when fruit is eaten after dinner.

But the idea that *good eating* requires *good drinking* is an erroneous one, if carried too far; for *wine* and all *other strong drinks*, beyond a certain quantity, (which habit and prudence must regulate,) are as *hard* to digest as even *strong food itself*.

The organic diseases of the stomach, liver, and lungs, and the complaints of the head, of which nine-tenths of the inhabitants of this island die, are unquestionably occasioned by stimulating or loading the stomach, or in other words, by indulging their instinctive gratifications, in the abuse of vinous liquors, and full meals of animal food, savoury dishes, &c. which keep the stomach in a constant state of irritability. In this morbid state of the organ, it is impossible the food can be properly digested.

Those who have any inflammatory diseases or affections upon them, whether in the form of cough, inflammation of the lungs, liver, kidneys, bowels, &c. should abstain from the use of wine, spirits, and beer, and should avoid them as poisons, as they would defeat the intention of the best medical advice. It is a very erroneous idea, but a very prevalent one, that strong and heating liquors give strength, when, in fact, they produce indirect debility! Gruel,

tea, barley water, with other demulcents and diluents, are, in those cases, most proper to relieve the symptoms.

Where *beer* will not agree with a weak stomach, *good wine*, diluted with water, may occasionally be used, as a wholesome beverage.

OF THE COLOURING AND ADULTERATION OF PORT WINE, &c.

The *colouring principle* of wine is of a resinous nature, and is contained in the pellicle of the grape: and the *fluid* is not *coloured* till the *wine* is formed; hence it is, that *white wine* may be made of *red grapes*, when the juice of the grape is expressed, and the *husk* thrown away.

Old wines lose their colour: a pellicle being precipitated, which is either deposited on the sides of the bottles, or falls to the bottom. The *colour* of wine is frequently

artificial; a *deep red* is almost always the effect of *artificial additions*, as of the *red woods, berries, bilberries, &c.* It is well-known to be a *practice*, among *dealers in wines*, to *adulterate bad wine* in order to conceal its defects. If, for instance, the *wine be sour*, they throw into it a quantity of *sugar of lead*, which entirely takes away its *sour taste*: for similar purposes, alum is often mixed with wine.

In wines, they are *both* very pernicious ingredients, particularly the latter, which is nothing less than a poison.

TO DETECT LEAD IN WINE.

Boil together, in a *pint* of water, an *ounce of quick lime*, and half an *ounce of flour of brimstone*; and when the liquor, which will be of a *yellow colour*, is *cold*, pour it into a *bottle*, and cork it up for use. A few *drops* of this liquor, being dropt into a *glass*

of wine or cyder containing lead, will change the whole into a colour, more or less brown, according to the quantity of lead which it contains.

If the *wine* be *wholly free from lead*, it will be rendered *turbid* by the liquor; but the *colour* will be *rather a dirty white*, than a *black brown*.

TO DETECT ALUM IN WINE.

To know whether any wine contains *alum* or *not*, we have only to mix a small quantity of it with *lime water*; if *chrystals* are formed, it *contains no alum*; if not, it does.

Milk, well skimmed, put into red wine, will soon *precipitate* the *greater part of the colour*, and leave the whole *nearly white*; and this is of known use in the turning of *red wines*, when pricked, into *white*, in which a *small degree* of acidity is *not* perceived.

ANALYSIS OF RED WINE.

Four bottles of genuine port wine contain more ardent spirits than a *bottle of brandy*.

The *residuum* of port wine contains an *astringent extract*, and more *tartaric acid* than that of Madeira.

As a *tonic medicine*, the preference is generally given to *port wine*, on account of its astringency ; but in cases of *indigestion*, and *irritability* of the bowels, the *tartaric acid* is a great objection to it.

When *this wine* is on (what the merchants term) the *fret*, it is a practice with some to add a little *vitriolic acid*, which more effectually *checks it* than *brandy*.

CLARET.

Genuine claret wine does not contain

more than its *natural quantity of spirit*. Hence it is accounted for, why people in general can drink more claret than any other wine, without being so much heated, &c.

The *residuum of claret* is *not so acid*, nor so astringent, as that of port wine.

Claret appears to be as *well fermented* as any of the foreign wines that are used in this country; and on account of its being more free from spirit, and containing a pleasant astringency, it is a good stomachic, and more salubrious than port, sherry, or madeira.

But for people whose digestion is bad, and for debilitated gouty constitutions, *this wine* does *not* contain a sufficient *quantity of spirit*, to prevent its *becoming acid* in the stomach.

A *bottle of claret* is equal to a *glass of brandy*.

Three bottles are equal to a bottle of either *port* or sherry wine.

MADEIRA.

Four bottles of genuine Madeira contain more ardent spirits than a *bottle of brandy*. Madeira contains *less tartaric acid* than red port.

Madeira is *cordial*, stomachic, and proper for the weak and convalescent; but heating, when liberally used.

The Madeira wines are not all of equal goodness, and consequently of different prices. The best, made of a vine imported from Candia, is called *Madeira Malmsey*. It is an exceeding rich sweet wine, and is only made in a small quantity.

The next sort is a dry wine, such as is exported for the London market. Inferior

sorts are made for East India, West India, and North America markets. About 30,000 pipes, upon a mean, are made every year; each containing 110 gallons.

SHERRY WINE.

Sherry wine appears to be the best *fermented*, and more free from *tartaric acid* and *saccharine matter*, than any other.

Four bottles of genuine sherry contain more ardent spirits than a bottle of brandy.

Three bottles of sherry are nearly equal to one bottle of rum.

Sherry is a cordial and stomachic wine, when moderately used; but when taken too freely, it is heating.

WHITE PORT,

When sound, is a good stomachic, and

will generally agree where *red port* is too *astringent*. This difference is owing to the *husk of the grape* being taken out at the time of making the wine.

OF HOCK AND RHENISH.

Hock and rhenish, which are the most *noted of the acid wines*, are the least heating, and most diuretic.

Mosel wine, with a small proportion of mineral acid, is often substituted for old hock.

Ten bottles of old hock are equal to a bottle of brandy.

Hock also contains a considerable portion of *tartaric acid*.

The above wines are apt to disagree with weak stomachs.

THE MUSCAT WINES, FRONTINIAE,
TENT, &c.

Commonly called the *sweet wines*, are heating and sudorific; and being often sweetened with honey, are very subject to *fret*, and consequently to turn sour upon weak stomachs.

CHAMPAGNE, BURGUNDY, AND LISBON.

The soft acido-dulcescent wines are less *stimulating* than the *sweet*, and more *cordial* than the *acid wines*; of course they are not so apt to turn sour upon the stomach.

CAPE WINES.

The cultivation of the vine was first introduced to the colony by the French Protestants, who had fled thither, in search of an asylum, after the Revocation of the Decree of Nantz: at that time it was almost limited to the Cape Peninsula.

Some of the Cape wines approach near to the Madeira, Vidonia, and Marzala ; but are inferior to them all. Others have the roughness of Port, with the flavour of Burgundy. The sweet wines are rich and luscious, but without much flavour.

Even the Constantia is every way inferior to Madeira Malmsey, Malaga, Calcavella, or Frontignac.

But the manufactured trash which is selling in London, under the names of Cape Champagne, Burgundy, Barsac, Sauterne, &c. are so many specious poisons, which the cheapness of the common and inferior wines of the Cape allows the vendors of them to use, as the basis of the several compositions, at the expence of the stomach and bowels of their customers, and of the little share of character which the real Cape wines had acquired. The sweet wines are apt to ferment upon the stomach, and produce acidity. The best and

genuine sound dry wines only are wholesome. The peculiar taste of the Cape wines are to be attributed to the soil in which the vines are placed.

Besides producing some good wines, &c. the Cape is likely to become an useful colony to this country.

The Cape of Good Hope is a promontory of Africa, where there is a good town and a fort. It has generally been esteemed the most southerly point of Africa, though it is not truly so.

The colony of the Cape includes 120,000 square miles; yet the whole colony does not exceed 60,000 souls.

The climate, in general, is friendly to vegetation; but being within the influence of the periodical winds, the rains are very unequal.

In few parts of the world is finer wheat produced than at the Cape: specimens of it, exhibited in Mark-Lane, were considered superior to any other then in the market.

MOUNTAIN WINE,

As partaking of the nature of *sweet wines*, abounds with a glutinous nutritious substance; but is sometimes apt to heat, to turn acid, and ferment upon *weak stomachs*.

HOME-MADE WINES,

When dry and sound, and free from fermentation, are wholesome; but in proportion as they deviate from that state, they, in common with foreign wines, under the same circumstances, *become*, instead of a *cordial* and *restorative*, *injurious* to the constitution, producing *gout*, &c. But *all wine*, Mr. Abernethy observes, should be considered as a *medicine*: and, on account of its becoming

acid in the stomach, when the digestion is incomplete, is often hurtful, even in a small quantity.

A *copious* and *constant* use of wine, though not to a degree of *inebriety*, is, doubtless, exceedingly debilitating to the stomach, and impairs digestion; but a moderate use of it is intended to produce salutary effects, and to promote health.

To those of cold constitutions, to the aged, and to those who are disposed to flatulency, &c. it is highly beneficial.

Invalids should be very careful and cautious not to exceed a *glass* or two of wine at a sitting, in cases of *indigestion*. More than *that quantity* produces heat, *flushings of the face*, &c.

It is a well-known fact, that the *strength of wine* is of *no longer* duration than while

it *remains* in the *stomach*, and whilst the *stimulus* received by the *nerves* of the stomach is *propagated* to the *brain*.

Hence *strong liquors* are so *intoxicating*, when *drank* upon an *empty stomach*.

MEAD,

Is an agreeable liquor, prepared with honey and water. It is of very ancient use in Britain.

Mead is very apt to ferment, and to disagree with weak stomachs.

METHEGLIN,

Is a species of *mead*; one of the most pleasant and general drinks which the *northern* parts of Europe afford, and much used among the ancient inhabitants.

It partakes of the same general qualities of *mead*, as fermenting, &c.

CIDER,

Properly speaking, is the wine of apples. It is a nice grateful beverage, and frequently found useful, in the warm season of the year, where it will agree with the constitution.

In cold, weak, flatulent stomachs, it wants to be corrected by *aromatics* ; as ginger, &c.

The *residuum* of cider is very *acid*, and this liquor does *not* contain a *sufficient quantity* of *spirit* to prevent its running into the *acetous fermentation* in the stomach of an invalid.

It is worthy of notice, that in the county of Hereford, where cider is the common beverage, that a case of stone in the bladder has not occurred for many years ; and that a

patient, afflicted with *that disease*, has not applied to the infirmary since its establishment, a period of 50 years.

Has the *apple-acid* the same effect as that of the *lemon*, in preventing the formation of calcarious matter in the urine?

Four bottles of Herefordshire cider are equal to *one* of port and sherry; and *one bottle* to a small wine glass of *brandy*.

Six bottles of Devonshire cider are equal to *one* bottle of port or sherry; and *one bottle* to three table spoonsful of brandy.

MULBERRY CIDER,

Is a name given by the people of Devonshire, and some other parts of England, to a sort of *cider*, rendered very palatable by an admixture of *mulberry juice* in the making. The colour of this liquor resembles that of the

brightest red wine, and the flavour of the mulberry never goes off. It is esteemed a very delicious beverage.

MUM,

The basis of which is *wheaten malt*, *outmeal*, and *ground beans*, with various herbs and flowers, is a kind of *malt liquor*, much drank in Germany, and chiefly brought from Brunswick, which is the place of *most note* for making it. It is a powerful cordial, and very heady. Its chief consumption *here* is by the Germans.

NOYEAU,

Which signifies the stone of a fruit, is made by infusing the kernels of various fruits in strong spirits. Both being the produce of the island of Martinique, which stands unrivalled for the excellence of its Noyeau.

It is a delicious pleasant cordial, but fit only to be taken as a dram.

Much of what is called *Martinique* noyeau, is made in England, and sold under the foreign name.

PERRY,

Is the wine of pears. It is an agreeable liquor, made from the juice of the pear ; and may be said to hold, in common with cider, a middle place, between wine and malt liquor. Large quantities of it are made in Worcestershire and Herefordshire. The squash, the old-field, and the barland perrys, are reckoned the best, and are *little* inferior to *wine*.

Perry is *less nutritious* than *malt* liquor, and *less cordial* than wine. It is very apt, with some constitutions, to produce colic, unless taken with nutmeg, to correct it.

Four bottles of perry are equal to a bottle of port or sherry ; one bottle, to a wine glass of brandy.

OF ELDER WINE.

Elder wine, is more frequently used as a remedy for colds, and other slight indispositions, than in the way of wine: it is not proper for weak stomachs; but, as it is *generally drunk hot*, at bed-time, (where it will agree,) it often relieves, as it has a tendency to promote sleep and perspiration. Of course, to those who like it, it is a pleasant remedy.

ANNISEED WATER,

Is cordial and carminative.

ARRACK,

The word arrack is an Indian name for strong liquors, of all kinds: for they call our spirits and brandy *English arrack*. It is a spirituous liquor imported from the East Indies, used by way of dram, and in punch.

Some affirm that it is really no other than a spirit, procured by distillation from a vegetable juice called *toddy*, which flows by incision out of the cocoa nut tree.

The *toddy* is a pleasant drink by itself, when *new*; when *stale*, it is *heady*. The English, at Madras, use it as a leaven to raise their *bread* with.

Others, are of opinion, that the *arrack* is a vinous spirit, obtained by distillation, in the East Indies, from *rice* and sugar, fermented with the *juice of cocoa nuts*.

The *goa arrack* is said to be made from the *toddy*. The *Batavia arrack* from *rice and sugar*. There is also a species of arrack made by the *Tartars*, which is more intoxicating than brandy.

Arrack punch is very *inebriating*, and its *ill effects* last for *some time*, producing *tremors*, &c. &c.

OF ARDENT SPIRITS.

In small quantities, ardent spirits are a powerful cordial and *corroborant*; raising the pulse, strengthening the stomach, promoting digestion, and preventing flatulence. Taken sparingly, and diluted with water, they supply the place of wine, and with *some* constitutions *agree better*, as they are not, like wine, disposed to create *acidity*.

The *abuse* of them is productive of the same *pernicious* effects as those which arise *from* an *excessive* indulgence in *wine*, but in a *greater degree*.

Ardent spirits, instead of promoting the solution and digestion of food in the stomach, tend rather to retard it. But every rule has its exceptions. The *general customs* and manners of a *nation* ought to be considered as no *inconsiderable* guides to *determine* our *judgment* in this respect; and, when univer-

sally prevalent, must be considered, in a great measure, to proceed from *indications* of nature. But the opinion of writers, the history of mankind, and daily experience, confirm, that *fermented liquors, taken in moderation, are not only safe, but even necessary, in these variable climates.*

FRENCH BRANDY,

Brandy is extracted from wine ; but experience tells us, that there is a great difference in the grapes from which the wine is made. The best are those of the territories of Cogniac. Thence we find that brandies always differ, according as they are extracted from different species of grapes.

Many of our English spirits, with proper management, are convertible into brandies, that shall hardly be discovered from the foreign, in many respects, provided the operation is neatly performed.

All brandies, when first made, are as clear as water ; they grow higher-coloured by keeping, but are very frequently coloured by art, as by burnt sugar, &c.

Brandy made in France is esteemed the best in Europe. They make it wherever they make wine ; and for that purpose use wine that is pricked, rather than good wine. The chief brandies for foreign trade, and those accounted best, are the brandies of Bourdeaux, Rochelle, Cogniac, &c.

Brandy, diluted with water, is preferable to any *other spirit*, for those whose stomachs will not bear *beer* ; and it is said, that the best time for taking it, is a few minutes after dinner.

Brandy is preferable to rum, on account of its being more free from sugar ; hence, brandy will frequently agree when *rum* will not. It is the most bracing and stomachic spirit, if habit or debility render the use of a cordial necessary.

OF MIXING SPIRITS, &c. WITH WATER.

The best rule, and a rule which ought strictly to be observed, is always to *measure the quantity* of spirits before you apply the *water*. Whoever neglects to do this will *deceive himself* in the quantity of spirit which he drinks, and have reason to lament *his indiscretion*, perhaps, *when it is too late*. Many, very many, from *sipping spirits* and water, have indiscriminately become downright dram-drinkers, dying with diseased livers, jaundice, and dropsy.

GIN.

Gin was formerly sold in the apothecaries' shops as a distilled spirituous water of juniper, and was afterwards sold by the *distillers*, under the name of *geneva*.

We are told, that the spirit received from Holland, and sold in this country, under the

name of hollands, is a preparation of juniper. Now, the fact is, this *spirit* does not contain any property of the *juniper*, nor any essential oil whatever. On adding *water* to the *spirit*, it does *not* become in the least *turbid*, which would be the case, if it contained the *oil* of the *juniper*, or any other essential oil; nor is it so *diuretic* as is imagined.

The *spirit* sold in this country under the name of *gin*, on the contrary, is an *excellent diuretic medicine*; and the essential oil which it contains obviates *the ill effects* the *ardent spirit* alone would produce on the stomach and brain. Some distillers also add *other aromatics*, as the coriander-seed, &c. which unquestionably improve it, as a *stomachic cordial*. But a farther addition of the dried Seville *orange peel*, by imparting a grateful bitter quality, renders it still more wholesome, as a cordial strengthener of the stomach; and, no doubt, superior to any of the boasted tonic compounds of the shops, in cases of in-

digestion of elderly and gouty subjects, and particularly those who are disposed to dropsy.

The *distillers* of this country, supposing the *flavour* of the *Holland spirit* to resemble that of the *juniper*, imitate it, by *distilling* the *juniper berries* with the *spirit* of *malt* or *sugar*. Hence it is accounted for, why the *English gin* is more *diuretic* than the *Hollands spirit*, and, of course, more whole-some.

But, though *gin* is generally distilled from the *juniper berry*, it is said, that *some* distillers know how to produce the same effect, by means of the spirit of *turpentine*.

Gin, diluted with *water*, in the proportion of a *wine glass* full to *half a pint*, is more salubrious, in *every respect*, than *any* of the *foreign wines*, particularly for gouty or drop-sical people. The addition of orange-peel improves its medical qualities.

How many lives have been shortened by selling *strong* and *bad gin* to labouring poor ! The effects of these bad spirits on the morals of the lower class, have been more dreadful, and more to be lamented, than that on their constitutions.

RUM,

Is a *species* of *brandy*, or vinous spirit, *distilled* from *sugar canes*. It does not, *in general*, agree so well with the constitution as brandy ; being distilled from *molasses*, the quantity of *saccharine matter* does not suit *weak* stomachs, or *gouty habits*.

Rum is usually much *adulterated* in *Britain* ; some are so *bare-faced* as to do it with *malt spirit* ; but when it is done with *molasses spirit*, the *taste* of *both* are so *nearly* allied, that it is *not easily* discovered.

WHISKEY,

Is the *favourite* spirit in *Ireland*. It owes its *flavour* entirely to the *ashes* of the *furze* and *heath*, used by the Irish to *rectify* the *fermented infusion* of *barley*; and, in *taste*, it is not much *unlike* *Hollands*. This spirit is as injurious to the constitution as spirit of wine.

The *quality* of whiskey is said to be much improved by keeping.

USQUEBAUGH,

Is a strong compound liquor, chiefly taken by way of dram. It is made from spices of various kinds, as cinnamon, mace, nutmegs, &c. infused in *brandy*, and *sweetened* with *double refined sugar*.

PUNCH,

Is generally made of the *four contraries*, viz. spirit and water—lemon and sugar. It is

more unwholesome than wine, owing, probably, to the various ingredients of which it is composed ; promoting *fermentation*, acidity, &c. upon the stomach.

Spirits, combined with acids, are always prejudicial.

In some constitutions, *punch* is said to produce *gout*, particularly where there is a predisposition to it in the *habit*.

ALE,

Is a fermented liquor, obtained from an infusion of malt, and *differing* from *beer chiefly*, in having a *less proportion* of *hops*.— It was originally made in *Ægypt*, the first-planted kingdom, on the dispersion from the East, that was supposed unable to produce grapes.

Ale was the favourite liquor of the Anglo-Saxons and Danes, as it had been of their ancestors, the ancient Germans.

There are various *sorts of ale* known in Britain, particularly *pale and brown*; the *former* is brewed from the malt *slightly dried*, and is esteemed more viscid than the latter, which is made from malt more *highly roasted*. The *higher-dried* the malt is, the less viscid and *more wholesome the beer*.

BURTON, YORKSHIRE, EDINBURGH, AND
OTHER STRONG ALES,

As containing a great proportion of grain, are very strong, of a heating, and inebriating nature.

Two bottles of Burton ale are equal to a bottle of port or sherry.

A bottle of Edinburgh ale is equal to a bottle of claret; *three bottles*, to a bottle of port or sherry; and *one bottle*, to a wine glass full of brandy.

OF THE COMPONENT PARTS OF BEER.

Beer, properly speaking, may be called the *wine of barley*.

To be pure and genuine, it should be composed of clear, soft, boiling water, good malt, and good hops ; and in proportion to the quantity, quality, and manner of compounding these, it has received different names, and is possessed of various degrees of salubrity.

OF THE QUALITIES OF BEER.

Beer receives its different names, according to the proportion, to the quantity, and quality, and manner, of compounding the various articles of which it is made; and thence possesses various degrees of salubrity.

Beer is generally esteemed more nutritious than *wine*, and generally more acescent and laxative ; but its effects on the *stomach*

and nervous system are more permanent than those produced by wine or spirit.

Malt liquors are chiefly suited to persons who lead a busy and *active* life. With *sedentary* and bilious persons, they do not agree so well; and they are improper for the corpulent and asthmatic, and those who are liable to giddiness, or other complaints of the head.

Beer is more wholesome when of a middle age, than when kept too long; but strong *beer* is nourishing, and may be employed to advantage in *emaciated* habits.

Sweet beer is most nourishing, and fattening. *Bitter beer* is most strengthening, and proper for those of weak digestion, who are subject to acidity upon the stomach.

BOTTLED BEER,

Is, on account of the *fixed air* which it

contains, more *refreshing* than the *barrelled*. It is frequently prescribed as an antiseptic and restorative in low fevers, and to convalescents ; but care must be taken, during the use of it, that it does *not operate* too freely by the bowels, which it is *very apt* to do, when they are in a *weak state*.

HARD STALE BEER,

Is very *flatulent*, and apt to disorder the stomach and bowels. To correct its tendency to acidity, it is frequently necessary to add a little *salt of tartar*, or *aerated kali* ; either of which renders it more wholesome. The latter is the most pleasant.

NEW BEER,

Is apt to ferment, and, with weak bowels, to prove too laxative.

THICK BEER,

Is unwholesome, and highly improper

for those who are subject to complaints of the kidneys and gravel.

SPRUCE BEER,

Is a powerful diuretic and antiscorbutic. It is, however, *too cold for some* constitutions.

LONDON PORTER,

With the *common properties* of malt liquor, possesses such stomachic and diuretic qualities, as give it a preference over *common beer* and ale, in many cases; particularly in those of convalescents, or persons recovering from sickness; most probably from the malt being more highly dried, and the process of brewing it.

Brown stout, as it is commonly called, containing *more genuine spirit*, is much *more strong* and *heady* than the *common bottled* porter. By experiment, a bottle of

brown stout was found to contain three quarters of an ounce *of spirit* more than a bottle of London porter.

SWEET WORT,

Is very wholesome, and found to be an antidote against the *scurvy*; with many it acts as a gentle purgative, and is frequently taken in a morning, fasting, for that purpose. It is said to be a remedy for worms.

MALT,

Is made from barley, steeped in water, and fermented, then dried on a kiln.

The malt which contains the most saccharine matter, or sugar, is the best. That which is the most *highly dried*, is most wholesome to *weak stomachs*. Porter is made from *this sort*.

But instead of the *highly-dried malt*, which has been in common use among the

porter brewers of London, time immemorial, a *newly-invented process* seems getting into practice; it is by adding a portion of what is by them called *roasted malt*, which is prepared in the following manner:—They take a certain portion of *pale malt*, before it is ground, and roast it in large cylinders, after the manner of roasting coffee, *till it is* charred and black. They then add *one* part of it to *fifty* of the common *pale malt*, and brew it in the usual way. It is merely used as a *colouring ingredient*, to supply the place of the *highly-dried malt*, and to supersede the use of those deleterious drugs, which were formerly used as a colouring matter. Of course, the porter becomes more wholesome.

HOPS,

Form one of the most agreeable of the *strong bitters*, accompanied with some *degree of warmth* and aromatic flavour, and are highly intoxicating.

Their principal consumption is in malt liquors, which they render less glutinous, and dispose to pass off more freely by urine.

Hops were planted in England in 1511, and during the reign of Queen Elizabeth, the use of hops, in making malt liquor, was prohibited by Act of Parliament, on account of their poisonous quality; certainly, from repeated experiments, there can be no hesitation in classing the plant amongst the poisonous productions of the *vegetable kingdom*.

From what has been observed above, *hops*, undoubtedly, possess a *narcotic* quality. It is well known that the hop-flower exhales a considerable quantity of its narcotic power in *drying*. Hence, those who sleep in the hop-houses, are frequently with difficulty roused from their slumbers.

A pillow, stuffed with these flowers, was

said to have laid our late venerable Monarch *asleep*, when all other *potent means* had *failed*.

There are particular chemists who make it a regular trade to supply drugs, or nefarious preparations, to the unprincipled brewer of porter or ale. Others perform the same office to the wine and spirit merchant; and others again to the grocer, the oilman, &c. &c.

An extract, said to be innocent, sold in casks, containing from half a cwt. to five cwt. by the brewers' druggists, under the name of *bittern*, is composed of calcined sulphate of iron, (copperas,) extract of *coculus indicus*, extract of quassia, and Spanish liquorice.

For more upon this subject, see *Accum*, on poisoning of food, &c.

A GENERAL ANALYSIS, OR TABLE,

*Of the different Proportions of Spirit, contained in Wines,
Cider, Ales, Porter, and Spirits,
used in England.*

The following Table exhibits the quantity of spirit produced from the under-mentioned articles, according to the Report of Mr. BRANDE, Professor of Chemistry. In making the calculation, each bottle is supposed to contain 25 ounces, by measure, or about an ounce more than a pint and half. The spirit obtained is rather more than double the strength of good brandy.

Ozs. of spirit.

One bottle of Raisin wine produces.....	6 $\frac{1}{4}$
Ditto of Madeira.....	5 $\frac{3}{4}$
Ditto of Currant....	5
Ditto of Sherry, nearly.....	5
Ditto of Teneriffe.....	5
Ditto of Constantia, white ...	5
Ditto of Red	4 $\frac{3}{4}$

Ozs. of spirit.

One bottle of Lisbon wine.....	4 $\frac{3}{4}$
Ditto of Bucellas, rather more than.....	4 $\frac{1}{2}$
Ditto of Red Madeira.....	5 $\frac{1}{2}$
Ditto of Marzala.....	6 $\frac{1}{4}$
Ditto of 1666.....	4 $\frac{3}{4}$
Ditto of White Hermitage, nearly.....	4 $\frac{3}{4}$
Ditto of Sauterne.....	3 $\frac{1}{2}$
Ditto of Barsac.....	3 $\frac{1}{4}$
Ditto of Cape Maderia.....	5
Ditto of Grape wine.....	4 $\frac{1}{2}$
Ditto of Calcavella.....	4 $\frac{3}{4}$
Ditto of Vidonia.....	4 $\frac{3}{4}$
Ditto of Malaga, nearly.....	4 $\frac{1}{4}$
Ditto of Claret.....	3 $\frac{3}{4}$
Ditto of Malmsey Madeira.....	4
Ditto of Lunel.....	3 $\frac{3}{4}$
Ditto of Burgundy.....	3 $\frac{1}{2}$
Ditto of Hock.....	3
Ditto of Nice.....	3 $\frac{1}{2}$
Ditto of Tent.....	3 $\frac{1}{4}$
Ditto of Champagne, nearly.....	3 $\frac{1}{2}$
Ditto of Red, rather more.....	3
Ditto of Sparkling.....	3
Ditto of Frontinac, nearly.....	3 $\frac{1}{4}$
Ditto of Gooseberry wine, nearly.....	3 $\frac{3}{4}$

Ozs. of spirit.

One bottle of Orange wine, rather more....	2 $\frac{3}{4}$
Ditto of Tokay, nearly.....	2 $\frac{1}{2}$
Ditto of Elder wine.....	2 $\frac{1}{2}$
Ditto of Cider, highest average.....	2 $\frac{1}{2}$
Ditto of Cider, lowest average.....	1 $\frac{1}{4}$
Ditto of Perry, rather more	1 $\frac{3}{4}$
Ditto of Mead, rather more.....	1 $\frac{3}{4}$
Ditto of Burton ale, nearly.....	2 $\frac{1}{4}$
Ditto of Edingburgh ale, rather more.....	1 $\frac{1}{2}$
Ditto of Dorchester ale, rather more.....	1 $\frac{1}{4}$
Ditto of Brown stout, nearly.....	1 $\frac{3}{4}$
Ditto of London porter, rather more.....	1
Ditto of Small beer, rather more.....	0 $\frac{1}{4}$
Ditto of Brandy, rather more.....	13 $\frac{1}{4}$
Ditto of Rum, rather more.....	13 $\frac{1}{4}$
Ditto of Gin, rather more.....	12 $\frac{1}{4}$
Ditto of Scotch whiskey, rather more	13 $\frac{1}{2}$
Ditto of Irish whiskey.....	13 $\frac{1}{2}$

ANOTHER ANALYSIS,

BY DR. REECE.

	Oz.	Dr.
A Bottle of Port wine, containing 26 ounces, which had been in bottle seven years, pro- duced, of alcohol, (ardent spirit)	2	7
Ditto of Port wine, containing $25\frac{1}{2}$ ounces, (one year in bottle, and two years in wood)	2	6
Ditto of Pale sherry, three years old, contain- ing 25 ounces, produced	3	0
Ditto of <i>Madeira</i> , two years old, containing $25\frac{1}{2}$ ounces	2	5
Ditto of Cape ditto, one year old, containing 25 ounces	$2\frac{1}{2}$	0
Ditto of Old Hock, containing 21 ounces, nearly	1	0
Ditto of Brandy, containing 24 ounces	10	0
Ditto of Rum, containing $24\frac{1}{2}$ ounces	$9\frac{1}{2}$	0

From the foregoing result, it appears, that four bottles, either of port, sherry, or *Madeira*, contain more ardent spirit than a bottle of brandy.

As the intoxicating, pernicious, and medicinal properties of wine, reside in the alcohol, (or ardent spirit,) it is of importance that every person should be acquainted with the quantity each wine contains. All the foreign wines contain more than their native proportions.

To such a height is the sophistication of the various articles of food arrived, that there is scarcely any commodity which can be classed among the necessities or luxuries of life, which can be met with in an unadulterated state.

Thus, for instance, we find, by an analysis of some wines, sold in London, under the name of Cape Madeira, it appears to be a compound of white currant, or gooseberry wine, mixed with raisin wine, not sufficiently fermented, abounding with saccharine matter. That sold under the name of *Madeira wine*, contains a greater proportion of spirit than the genuine Madeira.

The *sherry* is evidently mixed with gooseberry wine, or cider.

The *port wine* is also mixed with British wine, badly fermented, and contains too great a proportion of alcohol.

The intoxicating effect of strong *malt liquor*, is not produced solely by the alcohol ; for the *hop*, being a powerful anodyn, renders it more potent in this respect. Hence, a bottle of *malt liquor* will have nearly the same intoxicating effect on a person, who is not accustomed to take it, as a bottle of wine which contains double the quantity of alcohol.

TOBACCO,

Was first brought into Europe about the year 1560, from the Island of Tobago, in America. Into *England*, about 1585, by Sir *Walter Raleigh*.

Tobacco, though in common use, (and certainly considered as a luxury, from being *chewed, taken in snuff, and smoked*, for pleasure,) is a noxious herb, possessed strongly of those powers producing stupor; hence considered as a narcotic; but the constitution becomes so habituated to its *use*, as to bear it without *injury*, and even to advantage. For we find that *artificers*, and others, who are in the *constant habit* of using it, fly to it as a most powerful cordial, and restorative. They know, by experience, that it takes off the *sensation of hunger*, and supplies, for a long time, the want of *food and drink*.

Tobacco is also found of great use in *medicine*.

SMOKING TOBACCO,

Promotes expectoration, and has been found to be very useful in the dry or convulsive asthma, and to those who live in damp or *cold situations*.

The practice which prevails of taking, frequently, *a dilute spirit*, or strong malt liquor, during smoking, renders it more pernicious.

Smoking tobacco may be put upon the same footing as spirituous or vinous liquors.

Persons ought never to smoke directly before or after a meal, as the saliva is requisite to assist the digestion of our food.

TOBACCO SNUFF,

Has been found useful in various diseases of the head; but, as a general custom, taking snuff is an injurious habit; as, if taken too freely, and in a high degree, it injures the organs of digestion. A *pinch*, however, *two or three times* in the course of *twenty-four hours*, may prove *beneficial* to some, whose *noses* have been *long* accustomed to its use, like the *stomach* of the epicure, or inebriate, requiring an habitual stimulus.

CHEWING TOBACCO,

Commonly produces a considerable evacuation from the mouth, by a discharge of saliva, and very frequently relieves rheumatic and other affections of the teeth.

As a habit, those who have a regard for *cleanliness*, will not accustom themselves to this dirty practice, as it makes the breath unpleasant, and the teeth unsightly.

Before *pipes* were *invented*, *tobacco* was usually smoked in *segars*; and they are still in use among some of the *southern* nations.

OF THE DIFFERENT EFFECTS OF INTOXICATION FROM BEER, WINE, SPIRITS,
AND TOBACCO.

It is an observation, that the effects of intoxication from *beer*, are, that it makes a person *dull* and *stupid*; and that its effects

are more permanent than those of wine. That *wine* makes him *cheerful* and lively ; and that *spirits* make him *furiously* and *ungovernable*.

But the *probability* is, that *each* produces its *effects*, according to the *peculiarity* of each constitution : and also, according to the respective *good or bad quality* of the *intoxicating liquor*.

The *effects* of *intoxication* from *tobacco* are much *more severe* than from either of the *liquors* above mentioned ; its *effects* being more *permanent* and more *distressing* ; producing obstinate *heart-burn*, *sickness*, *nausea*, anxiety, and dreadful head-aches, to an extreme degree, which frequently continue for several days.

The appetite for intoxicating liquors appears to be almost always acquired ; as the liquor loses its stimulus, the dose must be increased, to reach the same pitch of elevation

or ease ; which increase proportionably accelerates the progress of all the maladies that drunkenness brings on.

CONCLUSION.

RULES FOR THOSE WHO ENJOY PERFECT HEALTH.

There can be no doubt, that, in general, temperance is the true foundation of health ; and yet Celsus did not scruple to recommend indulgence now and then, and allowed people to exceed both in eating and drinking : but it is safer to proceed to excess in drink than in meat ; and if the debauch should create any extraordinary or distressing degree of pain or sickness, and a temporary fever should ensue, there are two ways of shaking it off—either to lie in bed and encourage perspiration, or to get on horseback, and, by brisk exercise, restore the body to its natural state. The choice of these two

methods must always be determined by the peculiar circumstances of the parties concerned, and from the experience they may before have had which agrees best with them.

If a man be obliged to fast, he ought, if possible, during that time, to avoid laborious work. After suffering severe hunger, people ought not, at once, to gorge and fill themselves; nor is it proper, after being overfilled, to enjoin an absolute fast; neither is it safe to indulge in a state of total rest immediately after excessive labour, nor suddenly fall hard to work after having been long without motion. In a word, all changes should be made by gentle degrees; for though the constitution of the human body be such that it can bear many alterations and irregularities, without much danger; yet, when the transitions are extremely sudden, there is a great risk of producing some degree of disorder.

It is the advice of Celsus to vary the scenes

of life, and not confine ourselves to any settled rules: but as inaction renders the body weak and listless, and exercise gives vigour and strength, people should never long omit riding, walking, or going abroad in a carriage; or having recourse to any proper means which may afford both exercise and amusement, according to the circumstances and tendency to any particular species of disease.

But when the weakness of old age shall have rendered the body incapable of all these, then dry frictions, with the flesh brush, will be very requisite to preserve health, by accelerating the flow of humours through the smallest orders of vessels, and preventing the fluids from stagnating too long.

Sleep is the great restorer of strength; for, during this time, the nutritious particles appear to be chiefly applied to repair the waste, and replace those that have been abraded and washed off by the labour and exercise of the

day; but too much indulgence in sleep has many inconveniencies, both with respect to body and mind, as it blunts the senses, and encourages a stagnation of the fluids; whence corpulency, and its necessary consequences, languor and weakness.

The proper time for sleep is the night, when darkness and silence naturally bring it on. Sleep in the day-time, from noise and other circumstances, is in general not so sound or refreshing, and to some people is really distressing, as creating an unusual giddiness and languor, especially in persons addicted to literary pursuits. Custom, however, frequently renders sleep in the day necessary; and in those constitutions where it is found to give real refreshment, the propensity to it ought to be indulged, particularly in very advanced age.

With regard to the general regimen of diet, it has always been held as a rule that the

softer and milder kinds of aliment are most proper for children and younger subjects ; that grown persons should eat what is more substantial, and old people lessen their quantity of solid food, and increase that of their drink, both of the diluent and cordial kind.

But we should do well to remember, that as the *Great Creator* and *Supreme Disposer of Events*, whose *power* we are little able to *resist*, and whose *wisdom* it behoves us not at all to *dispute*, has ordained, that, in this our state of human nature, we should be subjected to a *variety of diseases* ; so also, in mercy to mankind, he has created a variety of remedies to relieve us in our infirmities.

“AND HE THAT IS WISE WILL NOT ABHOR THEM.”

THE END.

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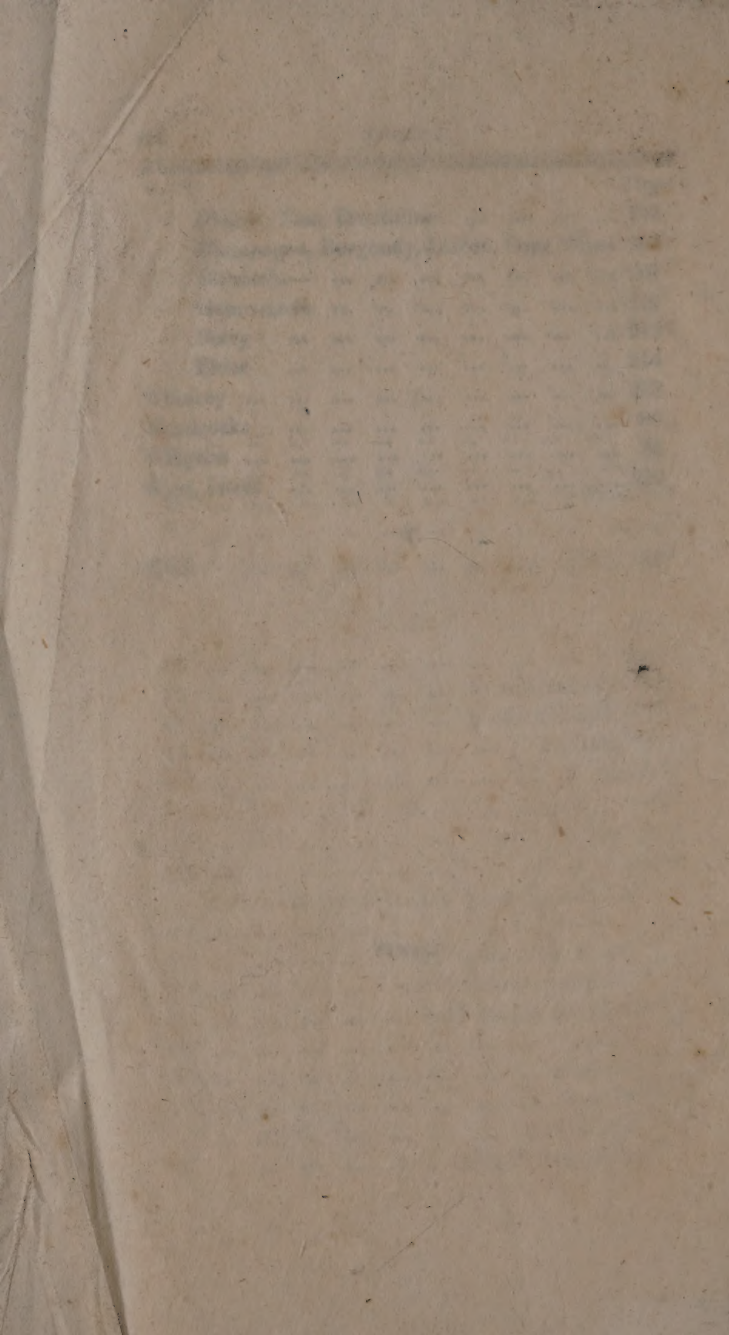
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